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League and the ~  
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Sub-Series

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WILLIAM G. MORGAN.  
The Inventor of Volley Ball.

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# OFFICIAL VOLLEY BALL RULES

As Adopted by Committees Representing the  
Young Men's Christian Association Athletic League and the  
National Collegiate Athletic Association

EDITED BY  
GEORGE J. FISHER, M. D.

-1916-17 1917/18

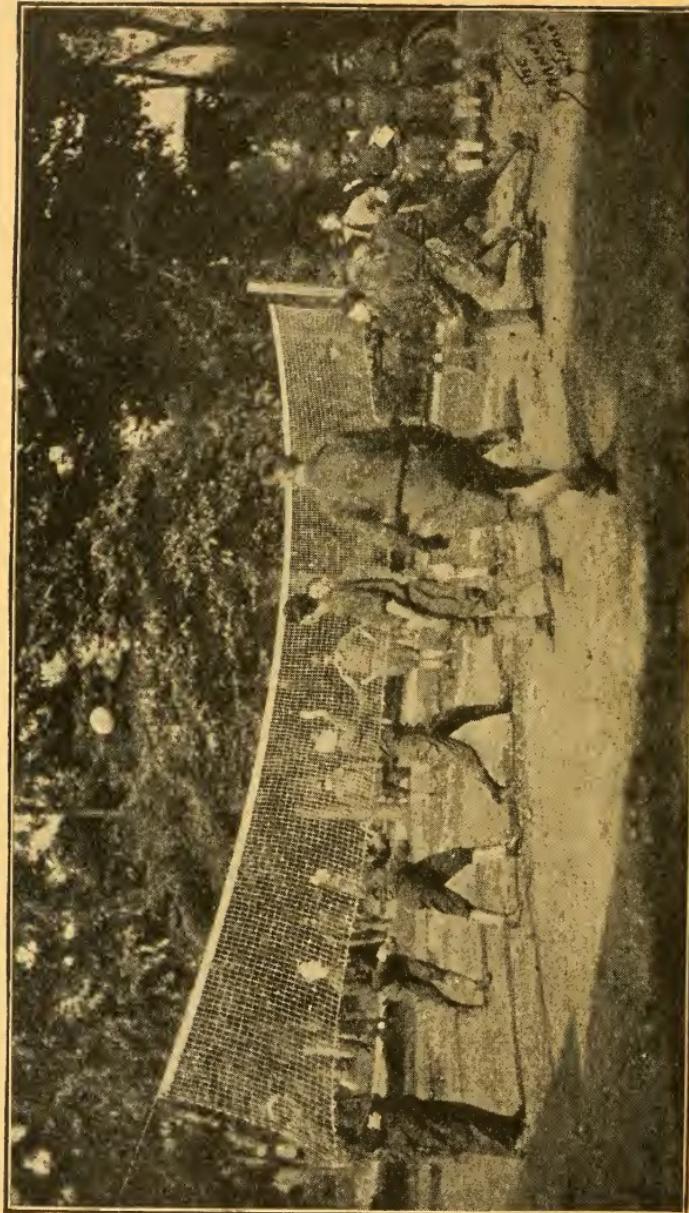
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JAN -5 1918

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## Preface to the 1917-18 Edition

The Volley Ball rules for 1916-17 proved eminently satisfactory. An investigation among those who are very much interested in the game indicated that there was general satisfaction with the code. In fact, the only changes made in this edition of the rules have been made to Rule 9, section 2, on rotation, and Rule 10, section 2, with regard to the number of men playing the ball. These changes were made simply to make more clear the statements, and do not involve any change in play.

The demand for the former rules was so great that the edition was quickly exhausted and an urgent request made for additional copies. To meet this demand, and because two of the members of the Committee, viz.: Dr. John H. McCurdy and Dr. George L. Meylan, were in France, it was deemed wise by the remaining members of the Committee that the GUIDE of 1916-17 should be republished without change except as indicated above. In a way, this is exceedingly satisfactory, because great changes in the rules always result in considerable confusion.

Much might be added in the way of report to the remarkable participation in volley ball by the soldiers in the camps, but to do this would delay the edition, and this is reserved for another time.

We trust the game will continue to progress as it has during the past year, and hope that the experience of many will prove profitable in bringing forth suggestions which will be of value in the future. All requests for interpretation of rules should be addressed to the Editor at 124 East Twenty-eighth Street, New York City, accompanied by a self-addressed three-cent stamped envelope.

GEORGE J. FISHER, M.D.,

Editor.

C. V. P. YOUNG,

For the National Collegiate Athletic Association.

CHRISTIAN SCAIFE,

For the Young Men's Christian Associations.

## Introduction

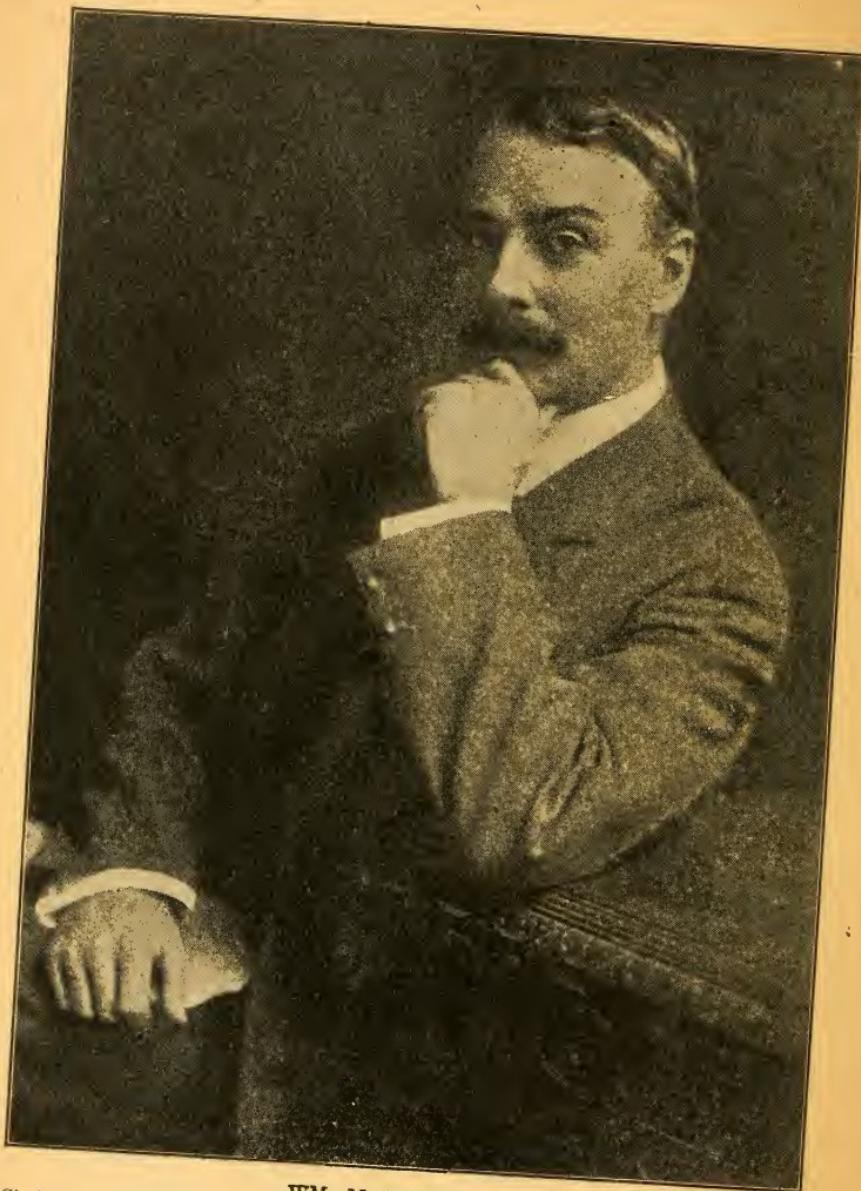
Heretofore the volley ball rules have been published in the handbook of the Athletic League of the Young Men's Christian Associations of North America and by the Physical Directors' Society of Young Men's Christian Associations, which body has revised the rules from year to year.

The tremendous growth of volley ball in interest and in the number of those who are playing the game has made it seem desirable to have a larger and more comprehensive treatment of the rules and to publish them in a book given entirely to the game. Hence this volume. The rise of volley ball as a national and international game makes it not only desirable but necessary to have it rank with other important team games in having well developed rules in a special volume.

Dr. George J. Fisher, president of the Physical Directors' Society of Young Men's Christian Associations, and secretary of the Athletic League of North America, was asked to edit the rules. He immediately suggested that instead of having the rules published by the Y. M. C. A. alone, that the National Collegiate Athletic Association be invited to unite in adopting them. The invitation was readily accepted, and the rules this year and for the first time appear under the direction of both the Athletic League of the Young Men's Christian Association and the National Collegiate Athletic Association. Dr. J. H. McCurdy, Dr. George L. Meylan and Prof. C. V. P. Young were appointed by the National Collegiate Athletic Association to represent that body.

While in the nature of the case most of the experiences in preparing the rules this year have been drawn from the Young Men's Christian Association, because the National Collegiate Athletic Association has not heretofore had a committee on volley ball rules, this will not be true in subsequent years. The uniting of these two influential organizations in the promotion of the game bespeaks much for its future.

GEORGE J. FISHER, M.D.



WM. M. KINGSLEY,

Chairman Executive Committee of Athletic League of the Young Men's  
Christian Associations of North America.

## A Request—N. C. A. A. Committee

The National Collegiate Athletic Association was organized primarily to direct into sane and normal lines intercollegiate activity. As the years have gone by this Association has felt the need, not only of promoting and directing intercollegiate activity, but of college sport for the mass of students within the individual college. This committee was appointed last December with the idea that it should draw up rules governing volley ball, because it was one of the simpler games which could be used by the mass of students in intramural sport. It is the hope of this committee that the colleges will organize leagues for the playing of volley ball and other games by all of the students. The rules published this year are based largely upon the long experience of the Young Men's Christian Association in using this game for the mass of students. It is urged by the committee that this game be given a large place in the organized activities of college students.

J. H. McCURDY, M. D.,  
GEO. H. MEYLAN, M. D.,  
C. V. P. YOUNG,  
Committee.



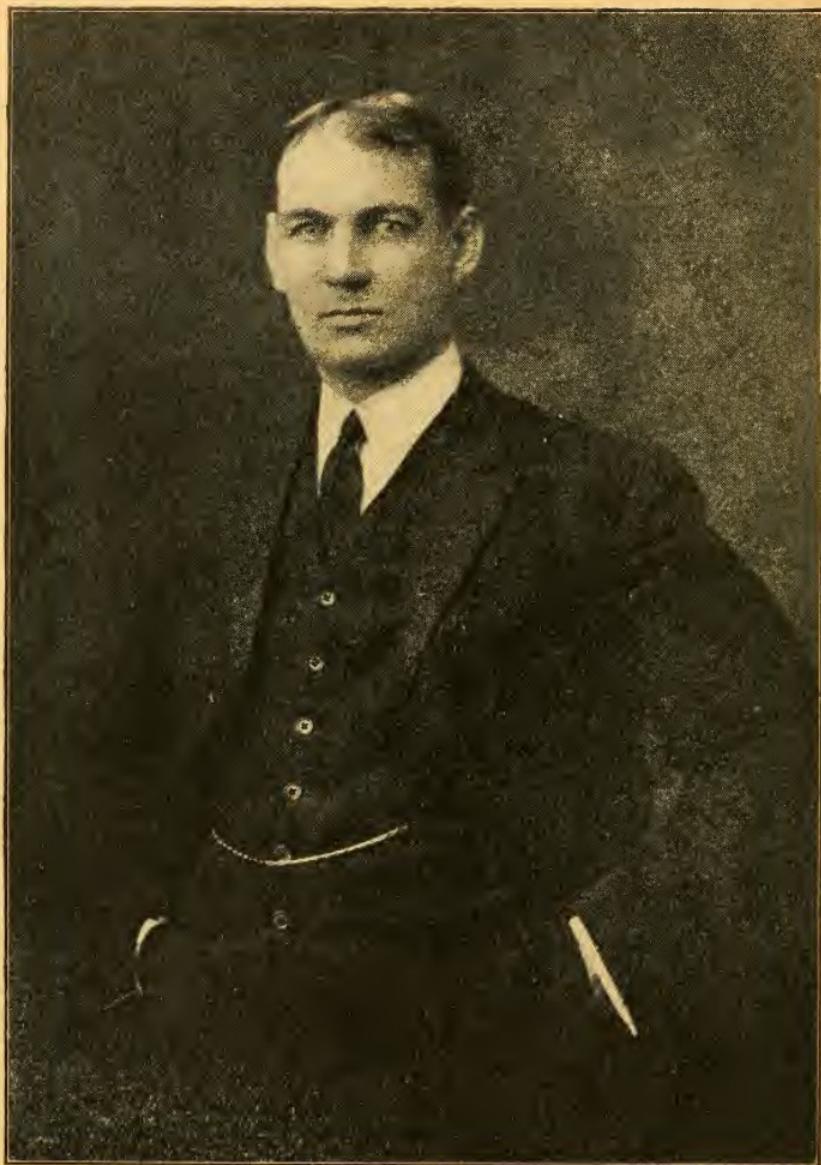
PROF. LEBARON R. BRIGGS,  
Harvard University.  
President National Collegiate Athletic Association.

# The Origin of Volley Ball

By J. Y. CAMERON.

In 1895 William G. Morgan, at that time Physical Director of the Y. M. C. A. at Holyoke, Mass., felt the need of an indoor game that would appeal to men who were unable to play basket ball, which at that date was just beginning to make itself felt. The need was for a game that was competitive without being antagonistic, that would relax the average business man and yet give him some exercise. Mr. Morgan put up a tennis net in the gymnasium, took out the rubber bladder from a basket ball and made a start. It was a crude beginning and there was many a laugh at the attempts to make a real game out of it. But there was something in it and it was only a short time before Mr. Morgan got a number of business men at Holyoke interested, among them being Dr. Frank Wood and Chief of the Fire Department, John Lynch. These two men helped Director Morgan work out a number of the detail points and some of the rules. In a few months a suitable ball was made by A. G. Spalding & Bros., and in 1896 an exhibition game was played at the Springfield Y. M. C. A. College by the group of business men from Holyoke.

This was the beginning. It was years before the game was recognized as it should have been, but to-day volley ball is one of the most popular of indoor games throughout the country and world, for that matter, as it is played in many foreign countries. The rules naturally have undergone changes, but have not changed practically from the intent and purpose of the original idea. The West has gone wild over the game, and in many places it has replaced basket ball. It has many excellent points to be commended. It can be played in almost any size room and by boys, mature men or older men. It is also a fine game for girls and women. There is an exhilaration about it that delights the lover of games, and at the same time there is great possibilities for the development of expertness that holds the attention.



GEORGE J. FISHER, M.D.,

Secretary Athletic League of Young Men's Christian Associations of North America and Chairman of its Volley Ball Rules Committee.

# How Volley Ball was Originated

BY THE INVENTOR

WILLIAM G. MORGAN, LOCKPORT, N. Y.

I will try briefly to give the history of the game of volley ball. Mr. J. Y. Cameron's article in this book is in accordance with the facts, but perhaps I can give in detail more of the circumstances leading up to the invention of the game.

I might say right here that I at the time had no knowledge of any game similar to volley ball to aid me, so whatever was decided upon was gotten by experience on the gymnasium floor.

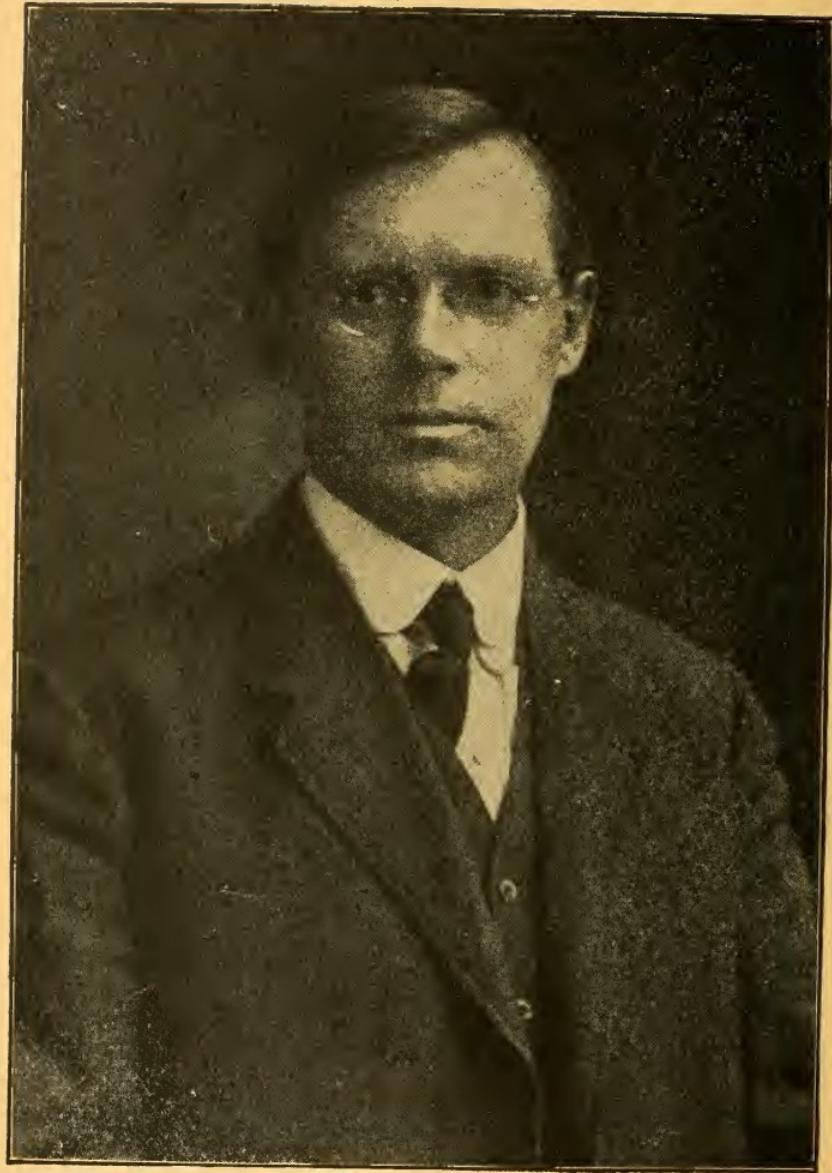
In 1895 I took charge of the physical department of the Young Men's Christian Association at Holyoke, Mass., and as the work progressed the business men's classes became quite large and enthusiastic and I found the need of some form of recreation and relaxation for them. Basket ball seemed suited to the younger men, but there was a need of something for the older ones not quite so rough and severe.

In looking for a suitable game, tennis occurred to me, but that required rackets, balls, net and other equipment, so that was discarded, but the idea of using the net seemed to hold; we raised it to about 6 feet 6 inches from the floor, just above the average man's head. We had to have a ball, and among those we tried was the bladder of a basket ball, but that proved to be too light and slow; then we tried a basket ball, which was too large and too heavy.

Finally we decided that a ball made on the lines of the present volley ball was about what we needed and we asked A. G. Spalding & Bros. to make us a ball, which they did, and which gave satisfaction.

As the game developed, changes were made from time to time to meet conditions, but the original idea of a net between the opposing teams was kept.

About that time a conference of physical directors was held at the Springfield Y. M. C. A. College, at which we were invited to



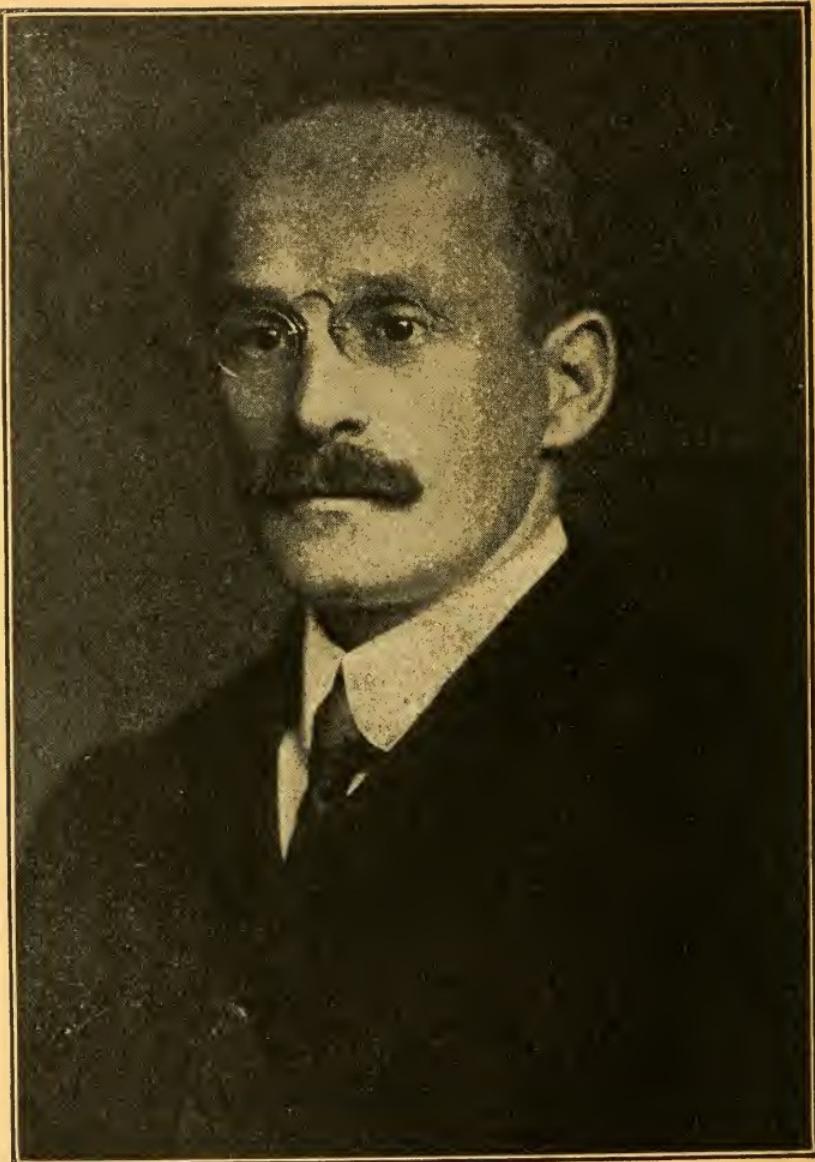
DR. J. H. McCURDY,  
Chairman Volley Ball Committee of the National Collegiate Athletic  
Association,

give an exhibition of the game. I took two teams, consisting of five men on each team, captained respectively by Mr. J. J. Curran, then Mayor of Holyoke, Mass., and Mr. John Lynch, then Chief of the Fire Department, and we gave an exhibition in the college gymnasium to the satisfaction of all, I believe.

I then turned the game over to the convention to use as they saw fit.

Since then I have given up active physical training and have not given it much thought, knowing the several conferences would take care of the necessary changes in the rules, etc.

Among the men who assisted materially in the developing of the game were Dr. Frank Wood and Mr. John Lynch, to whom due credit should be given.



DR. GEORGE L. MEYLAN,  
Columbia University.

Member Volley Ball Committee of the National Collegiate Athletic Association.

# The Original Game of Volley Ball

Taken from "Physical Education," July, 1896, Pages 50, 51.

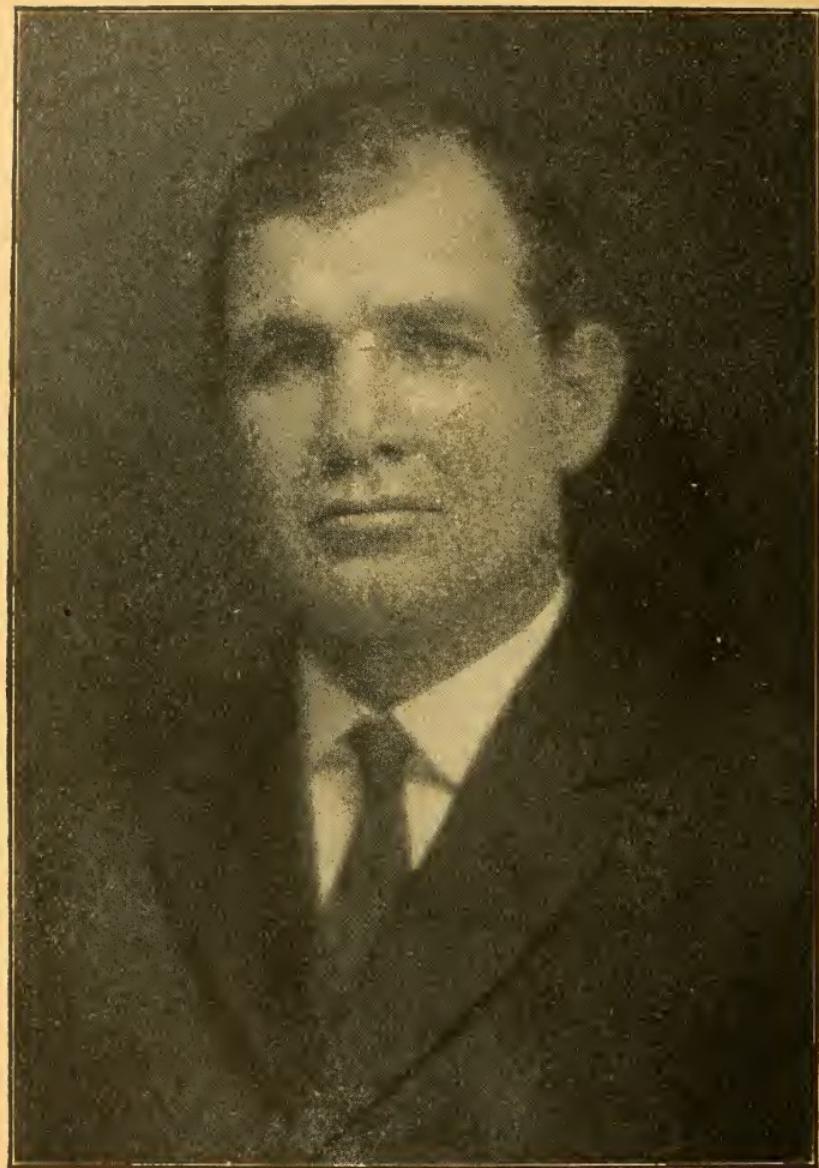
During the past winter Mr. William G. Morgan, physical director of the Holyoke (Mass.) Y. M. C. A., has developed a game in his gymnasium which is called volley ball. It was presented at the Physical Directors' Conference, and the general impression seemed to be that it would fill a place not filled by any other game. It is to be played indoors and by those who wish a game not so rough as basket ball and yet one in which the same degree of activity is demanded. The complete report as given to the Conference by William G. Morgan is as follows:

Volley ball is a new game which is preeminently fitted for the gymnasium or the exercise hall but which may be played out of doors. Any number of persons may play the game. The play consists of keeping a ball in motion over a high net, from one side to the other, thus partaking of the character of two games—tennis and hand ball.

Play is started by a player on one side serving the ball over the net into the opponents' field or court. The opponents then, without allowing the ball to strike the floor, return it, and it is in this way kept going back and forth until one side fails to return it or it hits the floor. This counts a "score" for one side or a "server out" for the other, depending upon the side in point. The game consists of nine innings, each side serving a certain number of times, as per rules, in each inning.

## RULES OF VOLLEY BALL.

1. *Game.* The game consists of nine innings.
2. *Innings.* An inning consists of: when one person is playing on each side, one service on each side; when two are playing on each side, two services on each side; when three or more are playing on each side, three services on each side. The man serving continues to do so until out by failure of his side to return the ball. Each man shall serve in turn.
3. *Court.* The court or floor space shall be 25 feet wide and 50 feet long, to be divided into two square courts, 25 x 25 feet, by the net. Four feet from the net on either side and parallel with it shall be a line across



PROF. C. V. P. YOUNG,  
Member Volley Ball Committee of the National Collegiate Athletic Association.

the court, the Dribbling Line. The boundary lines must be plainly marked so as to be visible from all parts of the courts.

*Note.*—The exact size of the court may be changed to suit the convenience of the place.

4. *Net.* The net shall be at least 2 feet wide and 27 feet long, and shall be suspended from uprights placed at least one foot outside the side lines. The *top line* of the net must be 6 feet 6 inches from the floor.

5. *Ball.* The ball shall be a rubber bladder covered with leather or canvas. It shall measure not less than 25 inches nor more than 27 inches in circumference, and shall weigh not less than 9 ounces nor more than 12 ounces.

6. *Server and Service.* The server shall stand with one foot on the back line. The ball must be batted with the hand. Two services or trials are allowed him to place the ball in the opponents' court (as in tennis). The server may serve into the opponents' court at any place. In a service the ball must be batted at least ten feet, no dribbling allowed. A service which would strike the net, but is struck by another of the same side before striking the net, if it goes over into the opponents' court, is good, but if it should go outside, the server has no second trial.

7. *Scoring.* Each good service unreturned or ball in play unreturned by the side receiving, counts 1 score for the side serving. A side only scores when serving, as a failure to return the ball on their part results in the server being put out.

8. *Net Ball.* A play which hits the net aside from the first service is called a net ball and is equivalent to a failure to return, counting for the opposite side. The ball hitting the net on first service shall be called *dead*, and counts as a trial.

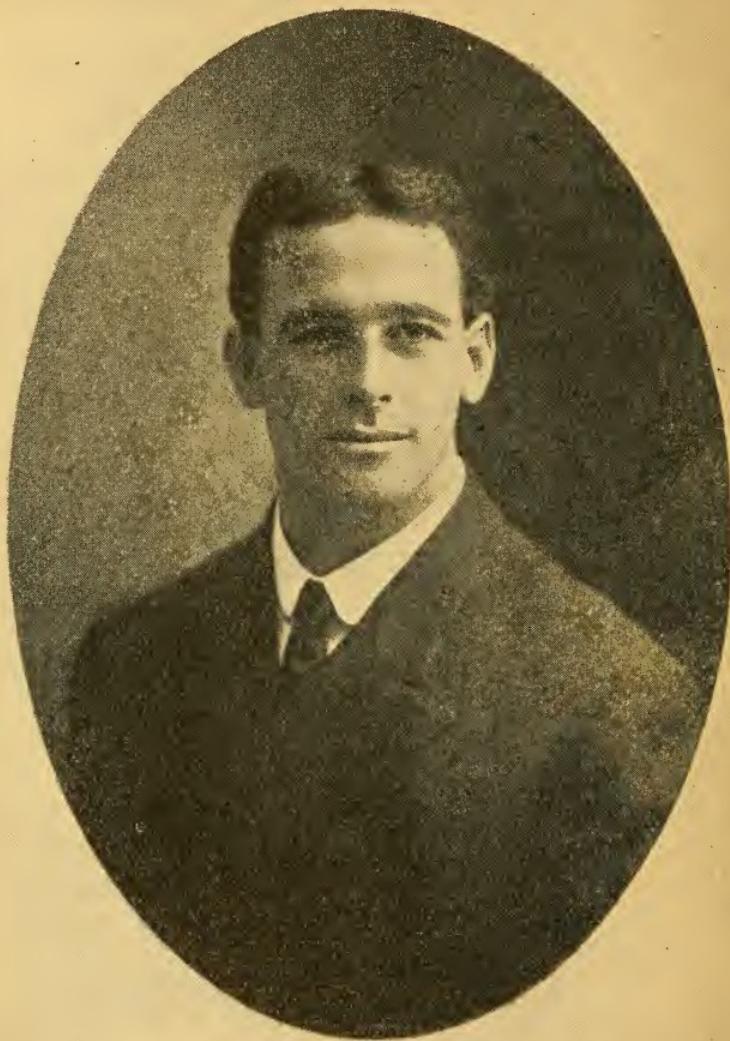
9. *Line Ball.* It is a ball striking the boundary line; it is equivalent to one out of court and counts as such.

10. *Play and Players.* Any number may play that is convenient to the place. A player should be able to cover about 10 x 10 feet.

Should any player during play touch the net, it puts the ball out of play and counts against his side. Should any player catch or hold for an instant the ball, it is out of play and counts for the opposite side. Should the ball strike any object other than the floor and bound back into the court, it is still in play.

To dribble the ball is to carry it all the time keeping it bouncing. When dribbling the ball no player shall cross the Dribbling Line, this putting the ball out of play and counting against him.

Any player, except the captain, addressing the umpire or casting any slurring remarks at him or any of the players on the opposite side, may be disqualified and his side be compelled to play the game without him or a substitute or forfeit the same.



C. SCAIFE,

Chairman Volley Ball Committee of Physical Directors' Society of the Young Men's Christian Association.

# The New Volley Ball Rules

By C. SCAIFE,

*Chairman Volley Ball Committee of Physical Directors' Society  
of the Young Men's Christian Association.*

In the preparation of these rules, the Volley Ball Committee have had just the one ideal in mind—to create a game that would be just a play game in every sense of the word; a game in which thousands of men, boys and girls all over the world can indulge in with real enjoyment, getting wholesome recreation and hygienic exercise without the intricate and specialized plays developed in other games. With this idea in mind the official rules were evolved. It is expected as the game is played more universally that experience will suggest changes in the rules that will materially benefit the game.

We welcome most heartily the co-operation of the National Collegiate Athletic Association in joining with us to make these rules more universal and adaptable to the average individual. We look to them, knowing that they will offer many valuable suggestions for bettering the game. The Volley Ball Committee welcome suggestions for changes in the rules from anyone who is interested in improving or simplifying the game.

One of the splendid features of volley ball is that it can be played by any number from one man on a side to ten. The official rules call for six men on a side, but in informal games any number may play. The ball is made light, so that men, boys and girls may play without hurting their wrists. It is also possible to develop quite a bit of science in curving the light ball in the service. The height of the net is important because it keeps the ball in the air, makes the game more lively and gives every man on the team a chance to play.

The game shall consist of 15 points and in a series of games for the championship two games must be won out of three to determine the winner. Fifteen points make a faster game than 21 and gives opportunity for more games in a limited

time (Rule VII., "The Game"). In serving the ball the server may stand in either corner, but must have his feet behind the backline.

Special attention is called to Rule IX., Section 2 ("Rotation"). Great care should be exercised to see that every man rotates in order and serves in his turn. This rule properly worked out will give every man an opportunity to play every position on the team and in this way develop all-round players instead of a few specialists.

Rule IX., Section 3.—"A service which strikes the net or any other object or surface shall put the side out." This prohibits the assist serve. The service must be clean from the server and if another man helps the ball over the net it puts that side out.

A dribble in volley ball is different from a dribble in basket ball. The ball must not come to a rest in the player's hands and cannot be touched a second time unless it has been played by another player. Advancing in any way with the ball is a foul. I call attention to Rule XII., Section 2. A point shall be called for violation of Rule XI., Sections 1 to 8, inclusive.

# Volley Ball Rules

Copyright, 1916, by the Joint Rules Committee (representing the Young Men's Christian Association Athletic League and the National Collegiate Athletic Association) and the American Sports Publishing Company.

## RULE I. GROUNDS.

SECTION 1. The playing surface shall be *Court*. a rectangular court, not to exceed 35 feet in width by 60 feet in length, free from obstruction, and having a height of 15 feet or more which is free from apparatus or other obstructions or projections.

SEC. 2. For playing singles the court *Singles*. shall be divided by a line running midway between the side lines and parallel to them, making two courts  $17\frac{1}{2}$  feet wide by 60 feet long.

SEC. 3. The court shall be bounded by *Boundary lines*. well defined lines not less than two inches in width, and which shall be at every point at least three feet from walls or any obstructions. The lines on the short sides of the court shall be termed the end lines, those on the long sides, the side lines.

## RULE II. BALL.

The ball shall be round and shall consist *Ball*. of a rubber bladder covered with a leather case; it shall be not less than 26 inches and not more than 27 inches in circumference and shall weigh not less than eight ounces and not more than ten ounces.

## RULE III. NET.

The net shall be at least three feet wide *Width*. and of sufficient length to reach from

These rules were adopted as the official rules by the Physical Directors' Society in June, 1912; amended May, 1915, and again in May, 1916.

**RULE III.**

*Height.* boundary to boundary. The mesh shall be small enough to prevent the passage of the ball through the net. It shall be tightly stretched by the four corners across the court midway between the end lines and parallel to them. The top line shall be level and measure eight feet from the center to the floor.

**RULE IV. TEAMS.**

*Number of men.* SECTION 1. In all official games, teams shall be composed of six men.

*Substitutes.* SEC. 2. A substitute may take the place of a player only when a whistle has been blown declaring the ball dead. He shall report at once to the **Referee**.

**RULE V. OFFICIALS.**

*Officials.* The officials shall be a **Referee** and two **Linesmen**.

*Note.*—Duties of officials are stated in Rules 14 and 15.

**RULE VI. DEFINITIONS OF TERMS.**

*Own and opponents' court.* SECTION 1. The court occupied by a team shall be called their own court, that occupied by their opponents the opponents' court.

*Serving order.* SEC. 2. The order in which players are to serve shall be called the "Serving Order."

*Rotation.* SEC. 3. The shifting of the men in position shall be called "Rotation."

*Service.* SEC. 4. A service is the putting of the ball in play by an eligible man, by batting it into the opponents' court in any direction

**RULE VI.**

with one or both hands while standing with both feet behind the back line of the court.

SEC. 5. "Point" shall be called when the team receiving fails to legally return the ball to the opponents' court. *Point.*

SEC. 6. "Side out" shall be called when the team serving fails to win its point or plays the ball illegally. *Side out.*

SEC. 7. A player who touches the ball when it is not dead shall be considered as playing the ball. *Playing the ball.*

SEC. 8. The ball is out of bounds when it touches any surface, object or part of the floor outside of the court. *Out of bounds.*

SEC. 9. The ball is dead when the *Ball dead.* Referee's whistle blows calling any decision.

SEC. 10. Any player committing any act which, in the opinion of the **Referee**, tends to stop or slow down the games unnecessarily shall be considered as delaying the game. *Delaying the game.*

SEC. 11. When the ball momentarily comes to a rest in the hands or arms of a player and is not clearly batted, he shall be considered as catching or holding the ball. *Catching or holding.*

SEC. 12. A player striking the ball two or more times consecutively shall be considered as dribbling. *Dribble.*

**RULE VII. THE GAME.**

SECTION 1. The game shall consist of 15 points. *Number of points.*

SEC. 2. Championships shall be decided by the best two out of three games. *Championships.*

**RULE VII.**

*Teams not ready to play.* SEC. 3. If either team is not on the floor ready to play within one minute after the Referee calls play the game shall be forfeited to the team that is ready. (See Rule XII., Section 5.)

*Forfeited game.* SEC. 4. The score of a forfeited game shall be 1 to 0.

**RULE VIII. CHOICE OF COURTS AND SERVICE.**

*Captains shall toss.* The Captains shall toss for service and courts. The winner of the toss may choose either to take the first service or his choice of the courts.

**RULE IX. SERVER AND SERVICE.**

*Order.* SECTION 1. At the opening of the game the ball shall be put in play by the first man on the service of the team which is to begin service.

*Rotation.* SEC. 2. Each server shall continue to serve until the Referee calls "Side out," at which time the team receiving the ball shall immediately rotate one position clockwise.

*Illegal service.* SEC. 3. A service which strikes the net or any other object or surface shall put the side out.

*Losing team has first serve.* SEC. 4. The team losing the previous game shall have the first serve in the succeeding game.

*Where server shall stand.* SEC. 5. The server shall serve in the right or left hand corner of the court from behind the backline.

## RULE X. PLAYING THE BALL.

SECTION 1. The ball may be batted in *How and where.*  
any direction with head, one or both hands  
or fists, but it must not touch the floor or  
go out of bounds or under net.

SEC. 2. The ball may be played by any *By any number.*  
number of players before being batted  
over the net, but no player shall  
play the ball twice in succession.

SEC. 3. A ball other than a service, striking *Ball striking net.*  
the net and dropping over is still in  
play.

SEC. 4. If a player on either team bats *Out of bounds.*  
the ball out of bounds, it shall count against  
his team. "Side out" or "Point" shall be  
called.

*Note.*—This shall not prohibit the recovery *Recovery of ball.*  
of a ball by the team batting it outside  
the court, provided the player does not advance  
beyond the net or the ball go out of bounds.

SEC. 5. Any ball other than a service *Recovering  
may be recovered from the net.*  
from net.

SEC. 6. A ball striking a boundary line *Striking  
shall be considered "good."*  
boundary line.

SEC. 7. The Referee may allow a second *Second service.*  
opportunity to serve on a questioned ball.

## RULE XI. PROHIBITIONS.

### A Player Shall Not—

SECTION 1. Strike the ball while he is *Be supported.*  
supported by any player or object.

SEC. 2. Dribble.

*Dribble.*

**RULE XI.***Catch or hold ball.*

SEC. 3. Catch or hold the ball.

*Reach over net.*

SEC. 4. Reach over the net to strike the ball.

*Serve out of regular order.*

SEC. 5. Serve out of the regular order of service.

SEC. 6. Touch the net.

*Touching net simultaneously.**Note.*—If two men on opposite sides touch the net simultaneously, no point shall be scored, and the ball shall be served again by the same player.*Enter opponents' court.*

SEC. 7. Interfere with the play of the opposing team by entering their court.

*Address officials.*

SEC. 8. Address any official.

*Note.*—Captains only shall be allowed to address the officials.*Delay game.*

SEC. 9. Delay the game.

SEC. 10. Make remarks or commit actions derogatory to the officials or tending to influence their decisions.

*Make personal remarks.*

SEC. 11. Make personal or derogatory remarks about opponents.

*Re-enter game.*

SEC. 12. Re-enter the game after being disqualified or taken out.

**RULE XII. PENALTIES.***Side out.*

SECTION 1. "Side out" shall be called for violation of Rule XI., Sections 1 to 12, inclusive, by the team serving.

*Point.*

SEC. 2. "Point" shall be called for violation of Rule XI., Sections 1 to 8, inclusive, by the team receiving.

*Point awarded.*

SEC. 3. A point may for the first offense, and shall for the second offense, be given the opponents for violation of Rule XI., Sections 8 to 12, inclusive.

**RULE XII.**

SEC. 4. The **Referee** may also disqualify for any violation of Rule XI., Section 10 or 11 or for persistent violation of Sections 9 to 12. *Disqualifications.*

SEC. 5. Any team refusing to play after receiving instructions to do so from the **Referee** shall forfeit the game. *Forfeit.*

**RULE XIII. SCORING.**

Failure of the receiving team to legally return the ball over the net into the opponents' court shall count 1 point for the team serving. *Penalty for illegal return.*

*Note.*—A point cannot be made while the ball is dead. *No point made on dead ball.*

**RULE XIV. DUTIES OF THE REFEREE.**

SECTION 1. The **Referee** shall be the superior officer of the game. He shall decide when the ball is in play, when it is dead, when a point has been made, when side is out, and shall impose penalties for any violation of the rules. *Superior officer makes all scoring decisions.*

SEC. 2. The **Referee** shall have power to make decisions for violations of rules committed at any time. This includes the periods when the game may be momentarily stopped for any reason. *Decides on violations of rules.*

SEC. 3. The **Referee** shall record the points made. His record shall constitute the official score of the game. *Scores.*

**RULE XV. DUTIES OF THE LINESMEN.**

SECTION 1. The **Linesmen** shall be stationed at opposite corners of the court, so *Line decisions.*

**RULE XV.**

that each has two lines in plain view, and whenever the ball strikes the floor near a line the **Linesmen** shall call "good" or "out."

*Assist Referee.* SEC. 2. Upon the **Referee's** request, they shall report to the **Referee** on any play about which the **Referee** is uncertain.

*Check serving order.* SEC. 3. Before the game the **Linesmen** shall secure from each **Manager** or **Captain** the serving order of the team and shall see that the players follow the serving order and rotate in position.

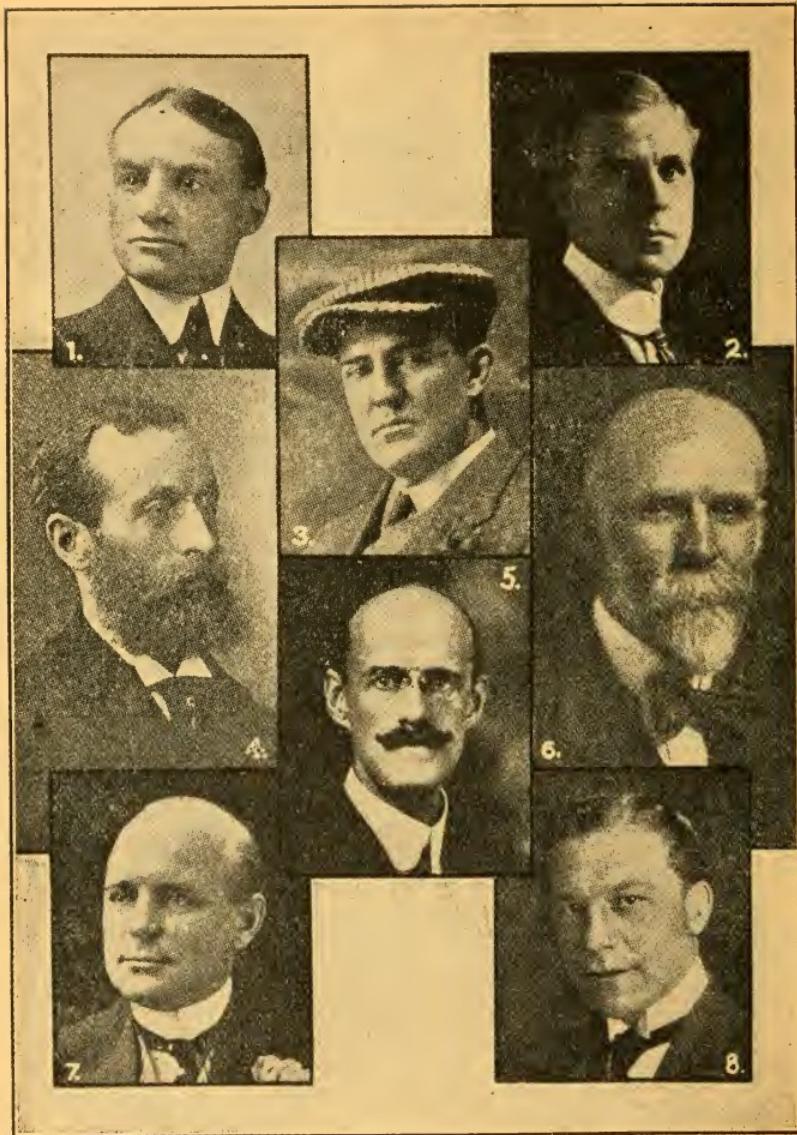
## Suggested Scoring Table

By J. Y. CAMERON, BUFFALO, N. Y.

This method of scoring gives two definite results: (1) The total score and (2) the number of points made on each player's serves. Because of the particular nature of volley ball as a game, it would be quite difficult to perfect an elaborate scheme showing assists, errors, etc., as in base ball and other games, but the above scheme gives the line-up, serving order, points made on each player's serves and the total score. Its simplicity is obvious. If more players on a side are used or more innings necessary, it is easy to make the additions.

<i>Chicago</i>	1	2	3	4		<i>Philadelphia</i>	1	2	3	4	
<i>Jones</i>	11	0	111	1		<i>Peterson</i>	1	0	1	0	
<i>Brown</i>	1	1	0	0		<i>Davis</i>	11	0	0	0	
<i>Smith</i>	0	11	0	0		<i>Weiter</i>	0	111	1	1	
<i>Thomson</i>	111	1	"	0		<i>Phillips</i>	1111	1	0	0	
<i>Newitt</i>	1	1111	0	0		<i>Hammer</i>	1	1	11	0	
	7	8	5	1	21		8	6	4	1	19

The name at the top is the first server and the scoring naturally follows, going down the column. A space at the bottom gives the score by rounds.



1, George D. Pratt; 2, Bayard H. Christy; 3, S. B. Thorne; 4, C. T. Kilbourne;  
5, John W. Ross; 6, Dr. W. H. Donaldson; 7, John L. Kemmerer; 8, Herbert  
L. Pratt.

EXECUTIVE COMMITTEE ATHLETIC LEAGUE OF YOUNG MEN'S CHRIS-  
TIAN ASSOCIATIONS OF NORTH AMERICA.

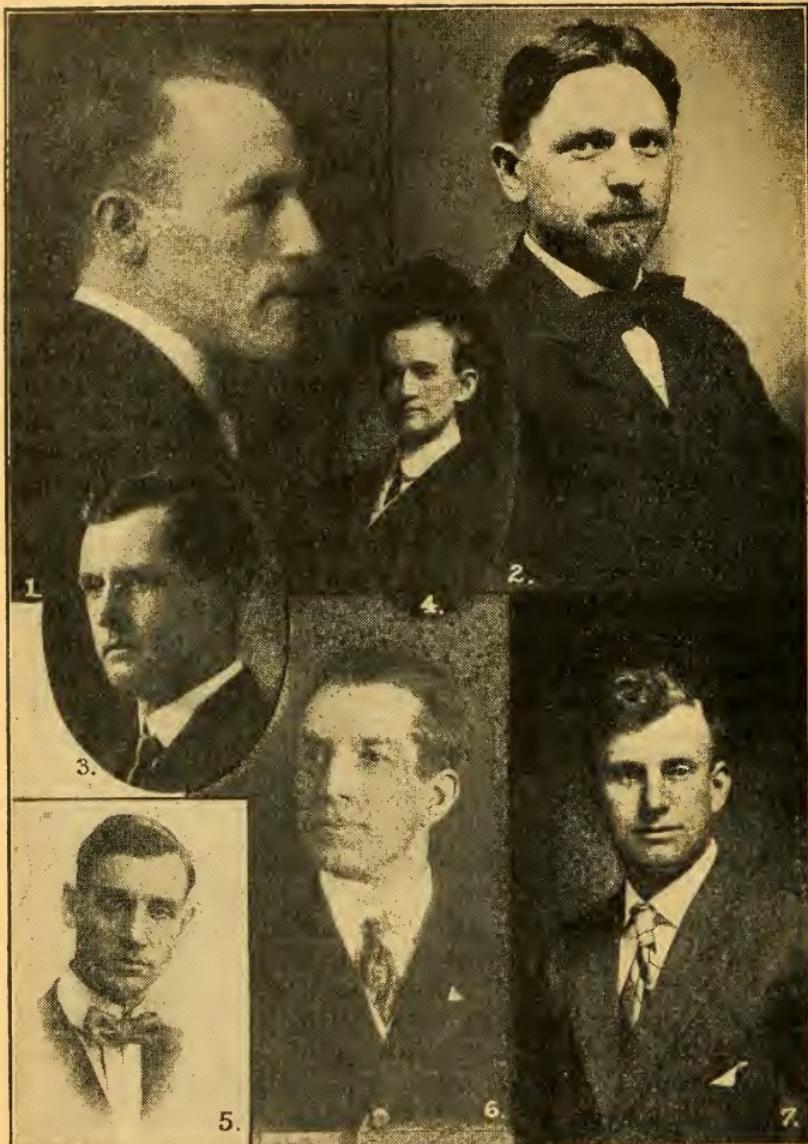
## A New National Game

By R. C. CUBBON,  
*Physical Director Providence (R. I.) Y. M. C. A.*

During the past few years a new game has appeared on the athletic horizon and its popularity has so increased that today it is demanding recognition as one of our national games—this game is volley ball. The casual observer or newspaper athlete would probably at once relegate it to second place with base ball, foot ball and basket ball as its superiors, but interest has been developing so rapidly that it has a right to challenge for first place.

Our great games are not of accidental creation but have been the products of necessity. Between the battles of our Civil War time was pleasantly invested in a newly created game called base ball, and for many years that game's chief value was to afford pleasure only. This is still an important factor in our game programme, but the demand is becoming increasingly insistent for recreative values in addition to the other. American necessities have changed since Civil War days and today we find health the dictator and the invention is a different type of game with a different objective.

Of course, it is a recognized fact that base ball is the national game at the present time, but during the past two decades certain restrictions have been growing about this great game which are bound sooner or later to relegate it to a certain more limited group. I refer to the rapid development of congested city life which has increased property values to the extent that city land for base ball is held at prohibitive prices. Base ball today has surrendered to the suburban towns, the rural districts, our educational institutions and professionalism. Base ball requires 4000 square feet and foot ball 1500 square feet per player. These conditions will sooner or later jeopardize the popularity of the game. If this is true and if we are becoming a game-loving people, and since we need games for our health's sake, we must look for additional sports.



1, W. E. Brown, Louisville, Ky.; 2, E. W. Roehm, Director of Physical Education, Columbus, Ohio; 3, C. W. Hardy, Springfield, Mass.; 4, F. E. Pierson, Physical Director Tulsa (Okla.) Y.M.C.A.; 5, W. A. Kearns, Omaha (Nebr.) Y.M.C.A.; 6, George W. Braden, Philadelphia, Pa.; 7, A. M. Grilley, Portland, Ore.

MEMBERS VOLLEY BALL COMMITTEE OF PHYSICAL DIRECTORS'  
SOCIETY OF YOUNG MEN'S CHRISTIAN ASSOCIATION.

In the estimation of many people, for a time foot ball was considered a dangerous rival of base ball, but because of its strenuousness and the training required it has been limited to schools and colleges.

The main objection to both of these games from the standpoint of the "cityite" is that too much space is required for the few people who indulge, and in this regard volley ball is ideal in that a maximum number of people can play in comparatively small spaces, varying in size from 2400 to 4000 square feet. Another decided advantage in favor of volley ball is the fact that the playing surface can be a lawn or any place fairly smooth—this in contrast to the costly surfaces demanded by foot ball, base ball, golf and tennis.

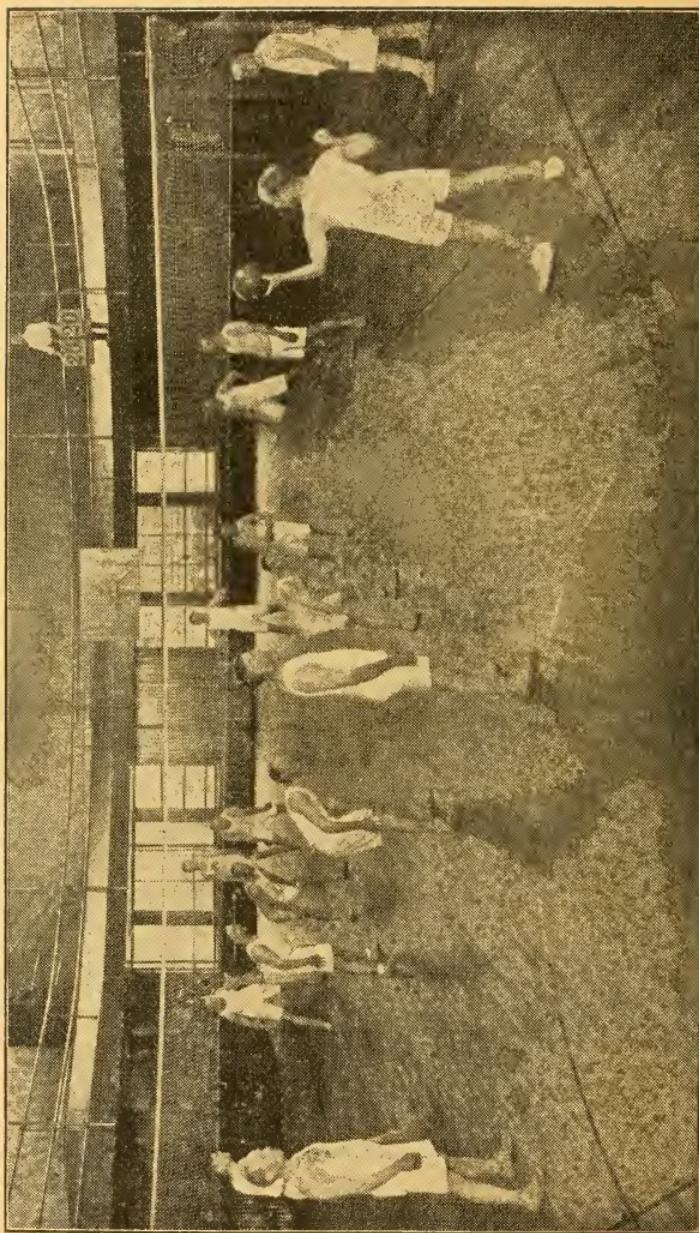
Basket ball, tennis and golf have a right to be recognized for national consideration, but they are encumbered with certain serious handicaps: Basket ball has been a great success as an indoor game, but it is a flat failure as an outdoor game. Its character demands that only the physically fit should participate and then only under careful supervision. Tennis has narrow participation limits, and golf presents financial barriers.

*In View of Present Day Necessities, What Are Some of the Requirements for a National Game?*

1. Above all it should be available to all; not to men and boys only, but to men, women and children.
2. It should be possible for such a game to be in vogue twelve months of the year.
3. Minimum space should be required for a maximum number to participate.
4. The equipment or game paraphernalia cost should be within the reach of all.
5. The game should not be too vigorous, neither too easy, physically speaking.
6. Neither too complex nor too simple.
7. Such a game must contain social values, possibilities for team work and should be productive of social betterment and fellowship.
8. Elements of competition and interest must be in existence.
9. The game must possess hygienic values.

TWO NOON BUSINESS MEN'S TEAMS, ST. PAUL, MINN.

Brown Co., Photo.



*Does the Game of Volley Ball Measure Up to These Requirements?*

Yes, it does and more completely than does any other game in existence in this country.

1. It is safe to state that over 200,000 persons in the United States alone are enthusiastically interested. The interest is distributed as follows:—

Y. M. C. A.—Older men, young men and boys	70,000
Y. W. C. A.—Ladies and girls.....	25,000
Playground—Boys and girls.....	50,000
Schools—Boys and girls.....	50,000
Colleges—Young men.....	10,000

The physical demands are such that it can easily be adopted by all groups.

A great fault with most of our present national games is that they possess barbarian limits, viz., they are for the physically fit and for males only.

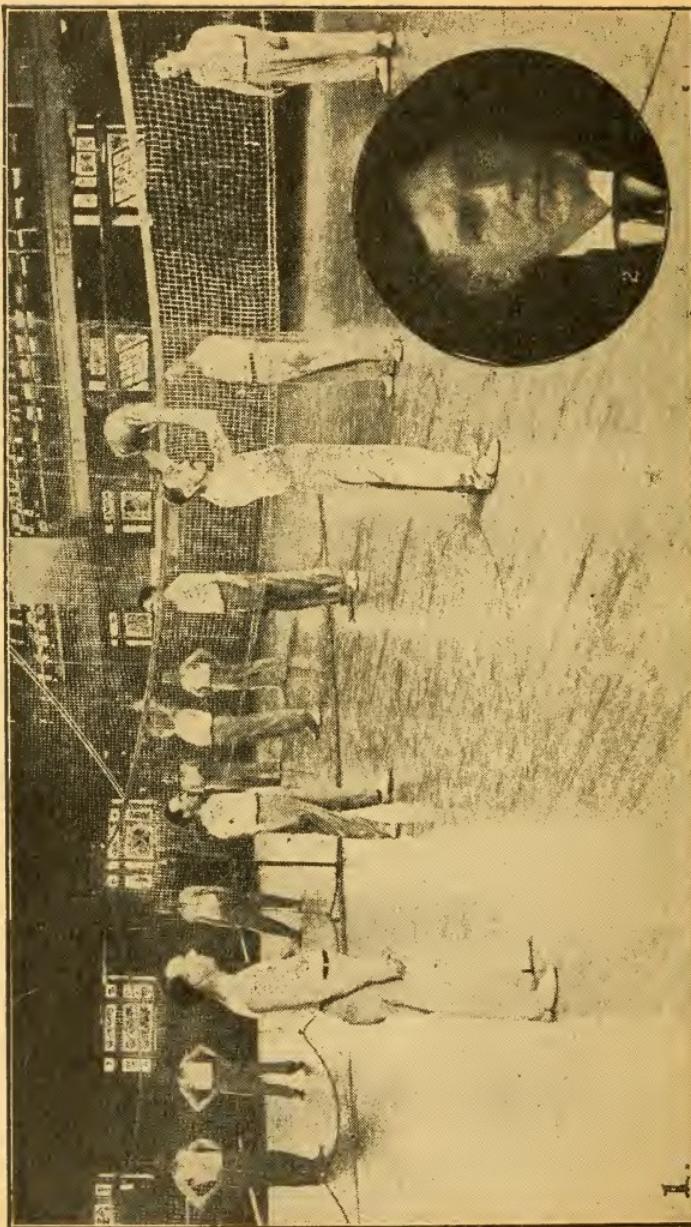
2. Some of our games are too seasonal. Foot ball is too strenuous for summer and frozen playing surfaces make it dangerous and impossible for winter use. Base ball is primarily a summer game, other than light clothing would restrict the speed required. Volley ball can be played out of doors all of the year, provided the wind is not too strong. Although its chief abode at present is indoors, it is rapidly adopting out-of-door spaces.

3. From the standpoint of space required per individual, volley ball is the most economic. Base ball and foot ball are the most costly. It is possible for any number from ten to twenty to play on a court 50 x 80 feet; foot ball requires 1500 square feet per player, and base ball requires approximately 4000 square feet.

As city life is bound to increase, games requiring large playing surfaces will be greatly limited in use.

4. The game of volley ball does not require the expenditure of money for uniforms and only a small investment for ball and net.

Many games demand especially prepared playing surfaces,



1.

1, Business Men at volley ball in the Deseret Gymnasium, Salt Lake City, Utah; 2, B. S. Hinckley, General Manager Deseret Gymnasium.

which are very expensive. Volley ball needs only a non-tripping surface.

5. Volley ball is neither too vigorous nor too simple. The strenuousness of the game depends upon the group playing it. An agile group of young men will produce a fast and hard game; a group of older men cannot cover the ground fast enough to produce a game which would prove dangerous. The game automatically adjusts itself to all groups. It is the happy medium long looked for by play experts.

6. Again, like the fifth requirement, volley ball is a happy medium—it is neither too complex nor too simple. The complexity of the game is largely a product of the uncertainty of the direction which the ball may take, also due to the possibilities of a passing game.

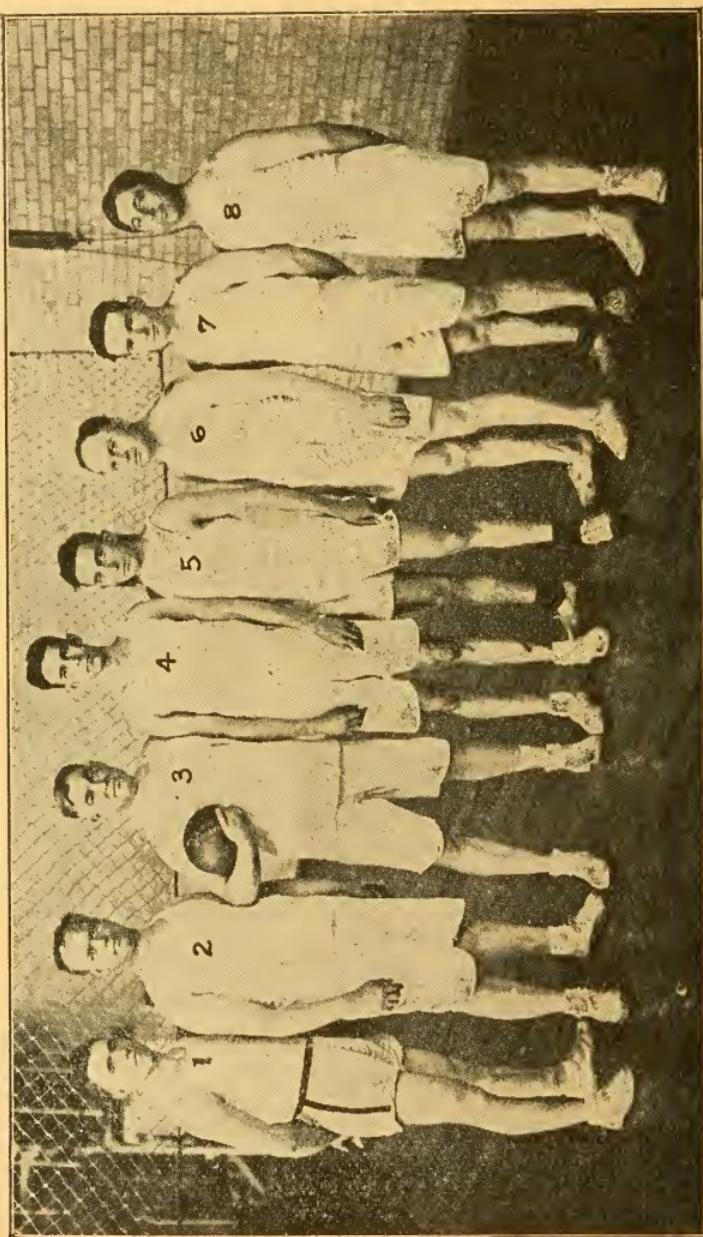
Volley ball, to the thoroughly conversant player, contains unique opportunity for a game science.

7. Team work is the most important factor in successful volleyball competition and at the same time good fellowship is almost always the happy byproduct. The net keeps the players apart, hence personal contact—the feature which is largely responsible for hard feelings in so many games—is eliminated.

One of the shortest routes to Americanism today is through the avenue of our athletic sports, and in volleyball the social worker will recognize a game of real democratic value.

8. Competition provoked by volleyball is as keen as in any other game and is more subservient to the control of the official. Organized leagues are in existence in many sections of this country and furnish a great abundance of interest for both player and spectator.

9. As stated previously, the game is neither too strenuous nor too simple. It is automatically regulated by the agility and age of the group participating, therefore ideal from the standpoint of hygienic requirements. The necessity of playing with both hands, reaching up and out, and getting under the ball gives an added corrective value which is a feature almost entirely overlooked in all other games.



"BEARCATS," BUSINESS MEN'S VOLLEY BALL TEAM, WEST SIDE, CHICAGO, ILL.

# The Place of Volley Ball in the Recreative Life of the City

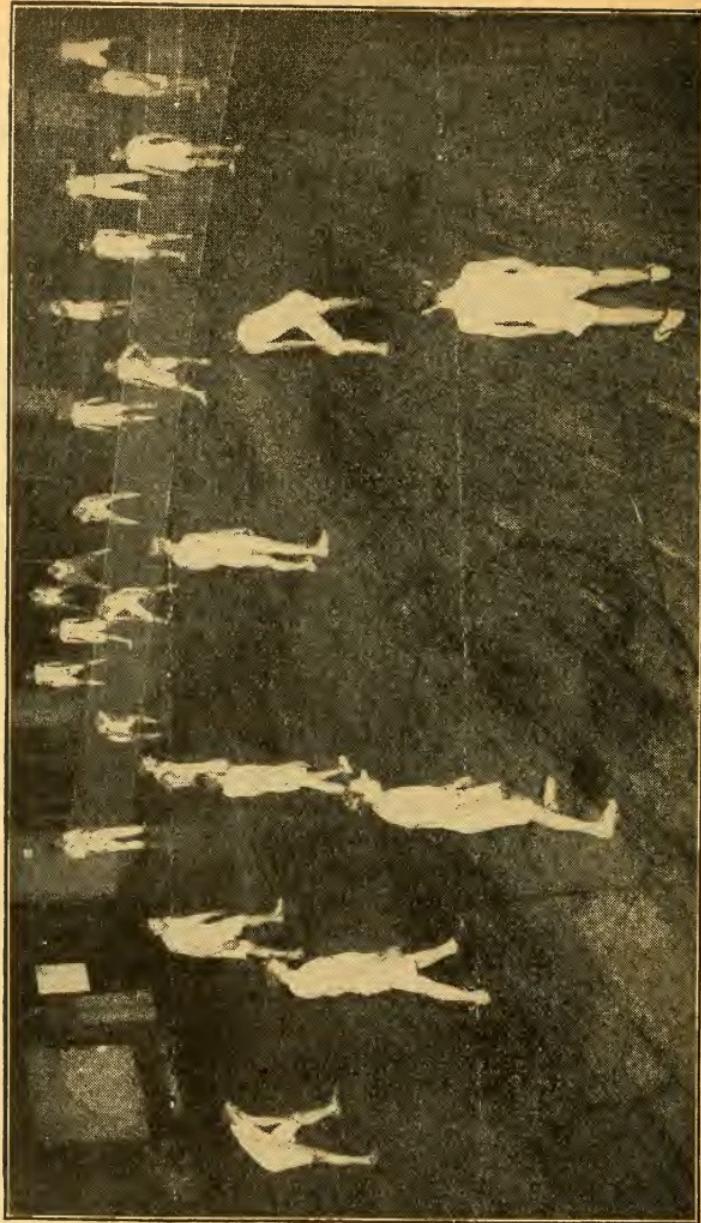
BY GEORGE W. BRADEN, PHILADELPHIA.

Volley ball has always been popular among mature men. Hundreds have played in the various class and league games in Y. M. C. A. and club gymnasiums. It has also found favor in the last few years in playgrounds and schools and it is no unusual sight to see several games in progress at the same time. At present volley ball is played almost exclusively as a part of the physical work programme in institutional gymnasiums and playgrounds. This is not its largest service. Volley ball is a most acceptable game for lawn and street play. We all admit that there is not a better safeguard against indulgence in vicious amusements than a healthy interest in athletics and games. Cities are recognizing this fact and are spending thousands, yes, millions, of dollars in equipping playgrounds and recreation centers. Juvenile delinquency has decreased with surprising rapidity where properly supervised playgrounds are maintained.

In most cities, however, the district and school playgrounds, due to the number and location, reach only a small portion of the children and adults. For this and other reasons many cities, such as New York, Baltimore and Cleveland, have established street play zones so as to permit unrestricted play in the cooler hours of the late afternoon and evening. These play zones are generally maintained under the department of public safety, although many of the play leaders are furnished by social service institutions. The use of movable and adjustable net supports will popularize volley ball for lawn and street use. The game has many advantages over tennis, hand ball, basket ball and base ball in regards size of space needed, the ease with which equipment can be installed, the number able to play, cost of equipment and liability of breaking nearby windows.

In the smaller cities and in the suburbs of our larger cities

CENTRAL Y. M. C. A. SUMMER VOLLEY BALL GROUP, ST. LOUIS, MO.



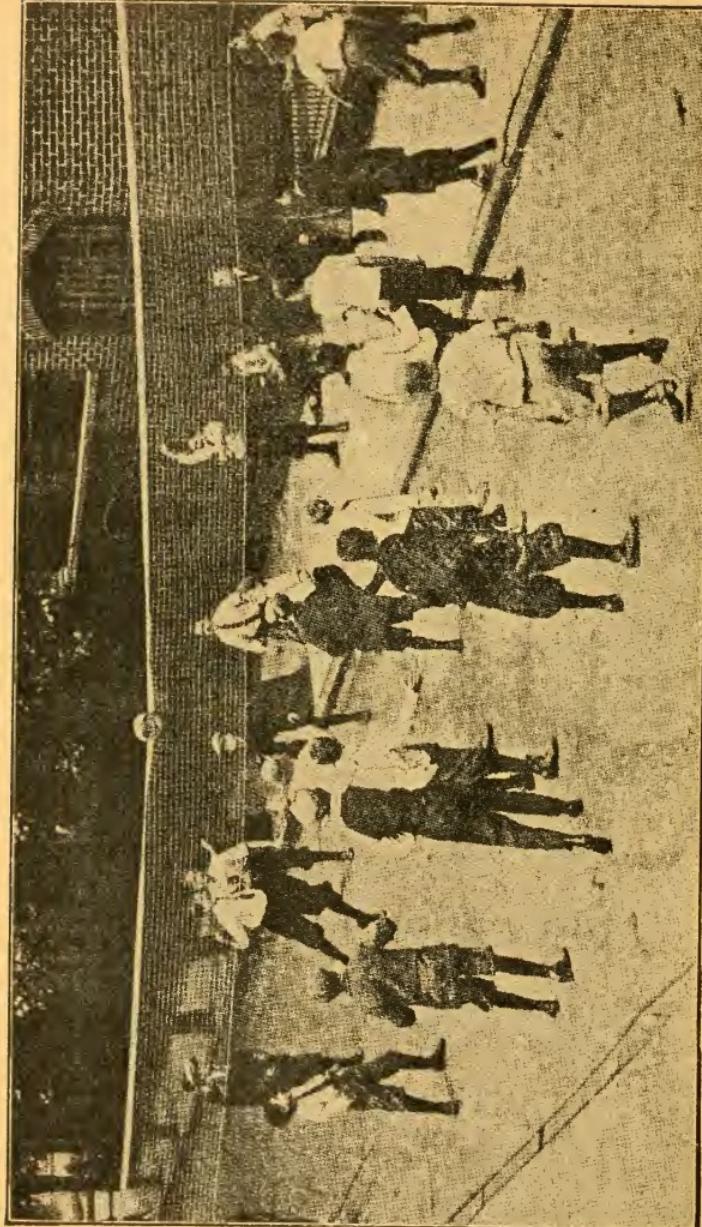
the game will eventually find large use where lawn space and cost does not make it possible to put in a tennis court.

Judged from its physical effect, volley ball has much in its favor. It is an overhead game, requiring an overhead arm swing and stretching of the body, which is extremely effective in producing good posture of head, shoulders and chest. The effort required is well within the physical capacity of the average player. In this respect it is a very much safer game for men of slight previous training and for women than basket ball where the running is extended and continuous. There is no reason why four or five games could not be played at one time on the same block and should the game become as popular as I feel sure it will, it will be a strong lever in increasing the demand for street play zones.

The organization of inter-club, inter-association, inter-play-ground and district street leagues will do much to stimulate enthusiasm and win an increasing number of participants. During the past winter the Philadelphia Central Y. M. C. A. volley ball team not only played match games with the other Association branches but also with several clubs and playground teams. The games were spirited and showed the possibility for team play.

VOLLEY BALL IN A STREET PLAY ZONE IN PHILADELPHIA.

Photo by Philadelphia Public Ledger.



# Volley Ball in a Philadelphia Street

BY FRANKLIN T. McCACKEN.

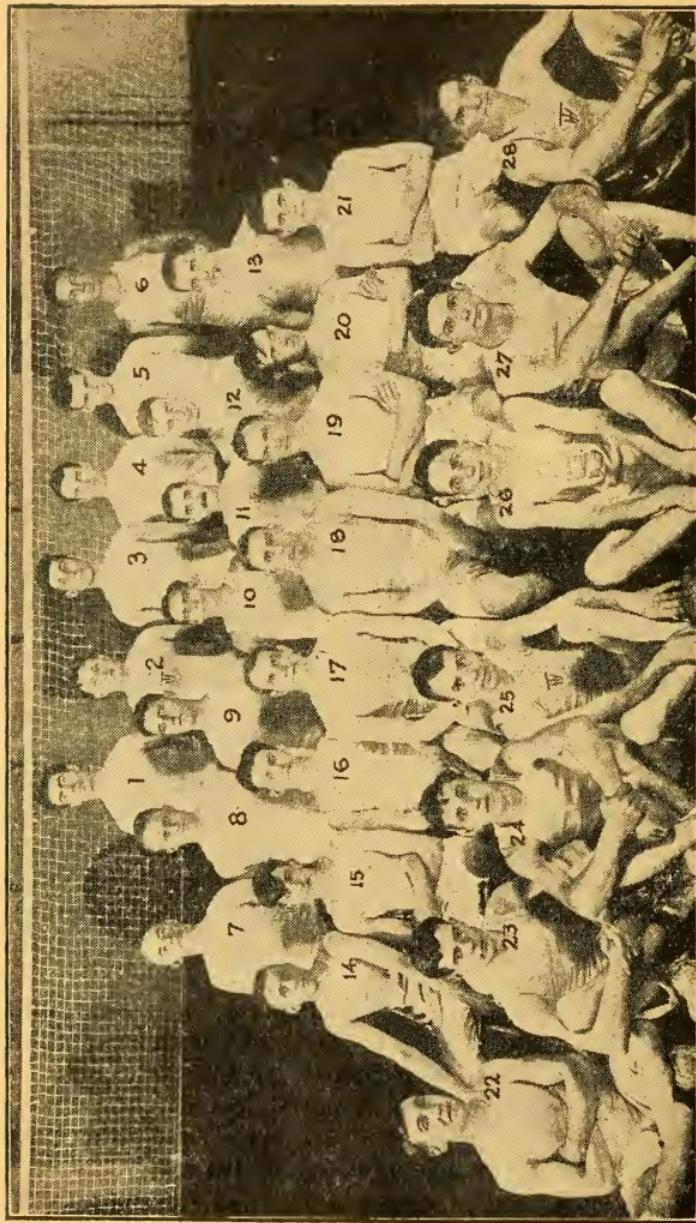
George W. Braden, director of physical instruction at the Central Branch Young Men's Christian Association and a member of the faculty of the Eastern States Young Men's Christian Training School at Silver Bay, will be a benefactor to thousands of Philadelphia kiddies if the plan that is suggested in the new game of outdoor volley ball, which he has invented, is adopted by the Department of Public Safety.

That there is no better safeguard against indulgence in vicious amusements than a healthy interest in athletic sports and games is a truth that is beginning to demand national recognition. This is indicated by the fact that many large cities are establishing play zones on certain streets so that both children and adults may enjoy unrestricted play in the cool hours of the late afternoon and early evening. New York is among the cities that have adopted play zones without any serious interference to traffic. This is the idea that is conveyed in outdoor volley ball.

\* \* \* \* \*

The invention of a movable apparatus by Director Braden makes the playing of the game easily possible on the lawn of any private residence or on any town or city street. Mr. Braden was tremendously enthusiastic in speaking of the adjustable and movable volley ball equipment in furnishing a suitable game for the thousands of children and adults who live on well-paved streets in the downtown residence districts.

"There is no reason," said Mr. Braden, "why four or five games of volley ball could not be played at one time on the same block; and should the pastime become popular among the city's populace the way will have been paved for play zones. However, even though the play zones are not adopted, the movable equipment allows for a quick adjusting of the service net in case an automobile or wagon comes along and demands right of way."



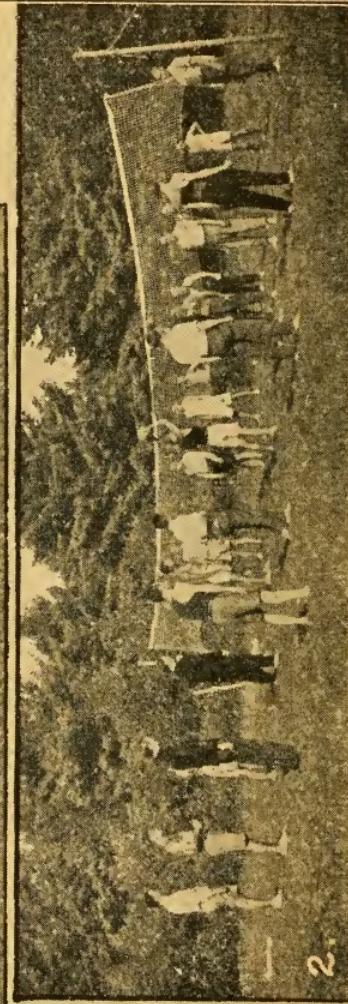
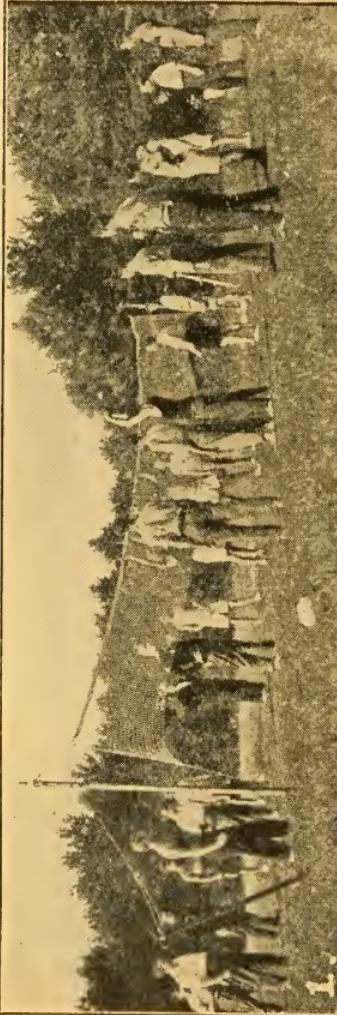
HILLTOP Y. M. C. A., PITTSBURGH, PA.

Fallert, Photo.

There always has been great need of a game, the apparatus for which could be quickly set up and taken down; that could be enjoyably and profitably played by a good-sized group of either children or adults, of either sex, and where the cost of equipment and maintenance was within the reach of the average family or group. Play grounds and indoor base ball partly solved this need, but in base ball, even when the soft ball, smaller diamond and bat are used, the space necessary is much greater than for volley ball.

Again, you have more elasticity in the necessary size and shape of the playing space than for most games. The space on each side of the net can vary from 100 to 1000 square feet, depending on the space available and the number playing.—*Philadelphia Public Ledger.*

VOLLEY BALL AT CAMP BUENA VISTA OF THE BOSTON Y. M. C. A.



2.

# The Merits of Volley Ball

By A. E. GARLAND, M. D., BOSTON.

Volley ball has become popular for business men because it has in it the two elements essential in a game for individuals engaged in brain work. These essentials are the element of abandon and ease in accomplishment with many of the other good points of tennis and basket ball, with none of the roughness of the latter or expert skill required in the former. In basket ball, where a man comes in close contact with the other players, there is always more or less roughness and the possibility of working beyond one's strength in the endeavor to win. In tennis, to play a satisfactory game one must devote considerable time to playing that he may obtain the necessary skill for accuracy in placing the ball. Only four men can play at tennis, whereas in volley ball almost any number can play except in championship games. The high net dividing the players prevents any roughness or close contact between the rival teams.

To be convinced of the interest, excitement and enthusiasm in the game, one only needs to watch a group of enthusiastic players. The game could not be called strenuous, yet there is enough activity to give a man not accustomed to exercise enough of it to satisfy him after some calisthenic drill. The majority of business men over forty years of age should not engage in games as active as basket ball, because of the possibility of heart strain.

The amount of reaching up that a man has to do in the playing of volley ball is particularly beneficial to those of sedentary occupation. For large groups of players we have found it an excellent game, both indoors and outdoors. The skill of the game is somewhat interfered with by multiplying the number of players, but when the ball is kept in motion, it is exciting and interesting, both to the players and the spectators.

As an outdoor game at camp, we have found it especially advisable after supper, when the other outdoor games could not well be played because of the twilight. Nearly every pleasant



1, Brooke; 2, Cunningham; 3, Munneel; 4, Merritt; 5, Pike; 6, Nash; 7, Ringler; 8, Woodard; 9, Vasper; 10, McLean;  
11, Davis, Asst. Director; 12, Hall; 13, Khoff; 14, Daniels; 15, Mattison.

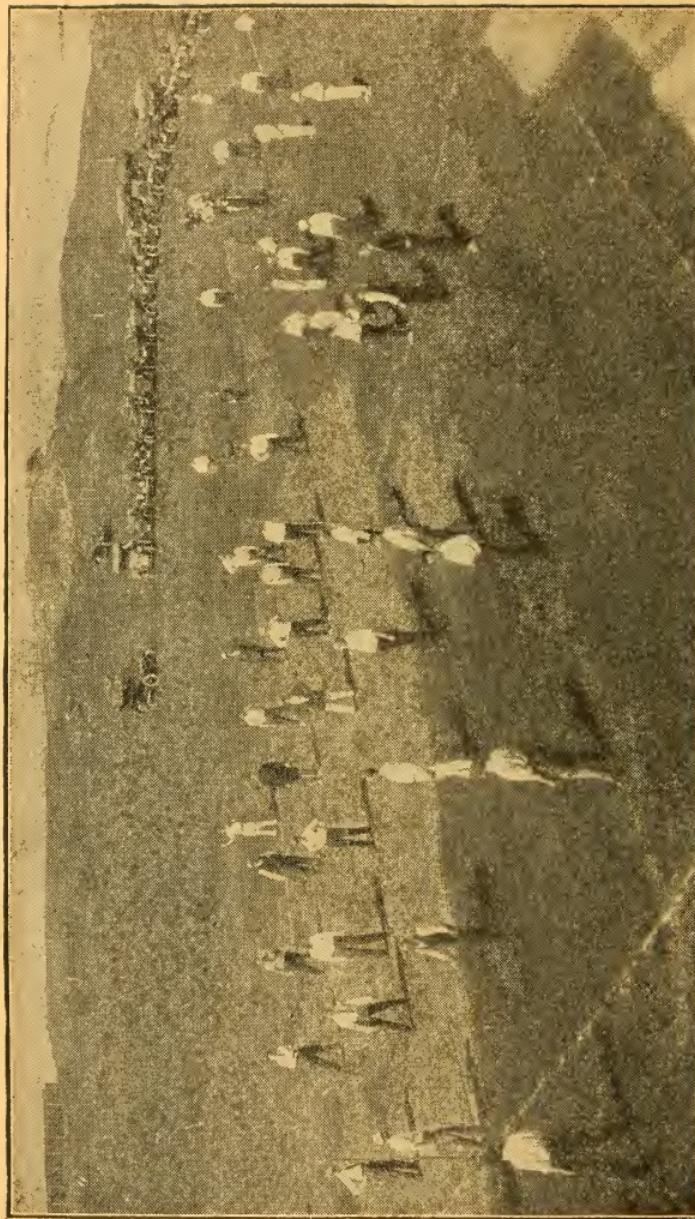
PORLAND (ORE.) VOLLEY BALL TEAM.

evening at camp there is always an enthusiastic crowd of volley ball players on the field.

Skill is essential to the playing of a scientific game of volley ball, but skill does not enter into this game to the extent of barring out beginners. It is more easily acquired than any of the other games where a ball is used. The beginner finds that the serving of the ball is the hardest part of the game, but a little practice is sufficient for a man to learn to get the ball over the net, using the underhand serve. Because of these facts this game fills a large place among the games of skill where many men can play.

To interest beginners in the game we have found that by allowing them to catch the ball and then bat it from the spot in which they catch it, with one or both hands, helps to add zest and gives us as much pleasure in the playing of the game as when it is played in the regular order. In this way beginners soon learn the game and then can readily learn, instead of catching the ball, to bat it up in front of them and then knock it over the net, or pass it to one of the other players on their side. We find that where large groups are playing to change the serve after each out instead of after the third out adds interest and makes a close score. Very few men or teams play a passing game and so never get to play the game scientifically. The science in this game is not only to cover the ground, preventing the ball from touching the floor, but to pass the ball to the net men and let them put it over the net low so that the opponent cannot get it.

PROVIDENCE YOUNG MEN'S CHRISTIAN ASSOCIATION BUSINESS MEN PLAYING VOLLEY BALL AT THEIR ANNUAL OUTING, ROCKY POINT, R. I.



## Business Men and Volley Ball

BY E. W. ROEHM, COLUMBUS, OHIO.

For some twenty years the writer has had the privilege of including the game of volley ball in his gymnasium schedules. It has been a winner ever since and proves to be a game enjoyable and decidedly profitable for men of all ages and classes.

In the introduction of the game in the four different fields of my labors, it had to directly compete for place with basket ball, which game when taken seriously by men in middle life was entirely too severe. Volley ball continued to grow into favor and now stands out pre-eminently as the best all round game for men ever invented.

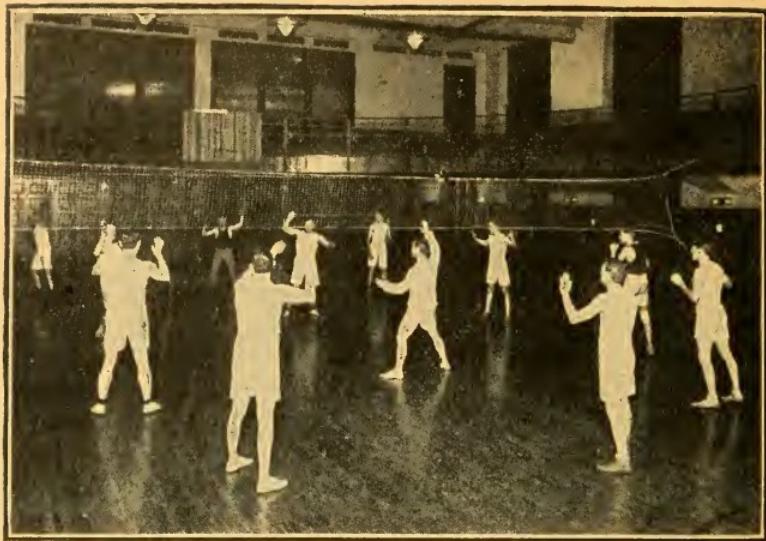
The happy combination of hand ball and tennis has brought it into favor, because of the intrinsic character of each of these games, and, aside from the lovers of these two mentioned sports, many new recruits have won a place from a novice to a creditable player in a comparatively short time.

Be it the policy of any organization to give attention to the novice or incompetent player when most needed, they will thereby multiply their numbers and develop loyalty among the slow in movement, which would be hard to equal even among the skillful, who too often are self-sufficient.

I mention this new playmate somewhat in detail, because we have him with us always and this volley ball game lends itself most admirably to a newcomer and makes him happy immediately. Volley ball also is well suited for men, because it balances work and rest into a splendid active and relaxing blending.

It might be helpful to some directors of play to get some ideas in regard to organizing a massive volley ball tourney for non-players and players, and its great possibilities in stimulating the inactive members of a given organization or movement.

First, in a large all-inclusive tourney of perhaps two, three or four leagues of eight teams each, do not call for entries.



A GAME OF VOLLEY BALL IN GYMNASIUM, CENTRAL BRANCH,  
Y. M. C. A., PHILADELPHIA, PA.



BUSINESS MEN PLAYING VOLLEY BALL, CENTRAL Y. M. C. A.,  
TORONTO, CAN.

Merely announce it repeatedly and placard it a month in advance and send out postals in two or more forms early to practically every gym man. Only the very skillful players will respond to an entry request, which would not be considered a real success. The new man automatically eliminates himself. We must absorb him. The foregoing is a workable method and does bring results.

The preliminary postals sent out to the rank and file is as follows (first postal thirty days in advance) :

#### Y. M. C. A. MEN'S VOLLEY BALL TOURNEY.

DEAR FRIEND:

Over 300 gym men, representing the 12:00, 5:15 and 7:45 classes, are lining up for another of the massive Volley Ball Tournaments. Every player engaged on the same days.

You are listed as one of the players and your attendance means much to your enjoyment and health. Opening tournament games Wednesday, March 22, 1916.

If you have passed this up in the past, do not throw away this opportunity. Get in pink condition now. Enjoy the social touch with the finest men in the city.

The Committee are planning to banquet the four winning teams when the closing banquet occurs. Be one of the 300 men at this function.

*Add Years to your Life and Life to your Years.*

E. W. ROEHM,  
Secretary.

Press line-up—March 19, 1916.

The second postal was sent two days in advance.

#### Y. M. C. A. MEN'S VOLLEY BALL TOURNEY.

DEAR FELLOW PLAYER:

Big Tourney opens Wednesday, March 22, at 12:25 sharp. You are expected to be present without fail. Your absence will break the chain and line-up arranged. If your business or social friends interfere, bring them with you.

Give your Captain your support, while you are at the same time increasing your efficiency—a good way to share your co-operative willingness.

Dates to be remembered and placed on your calendar:

March 22, 23, 24, 28, 29, 30, 31,

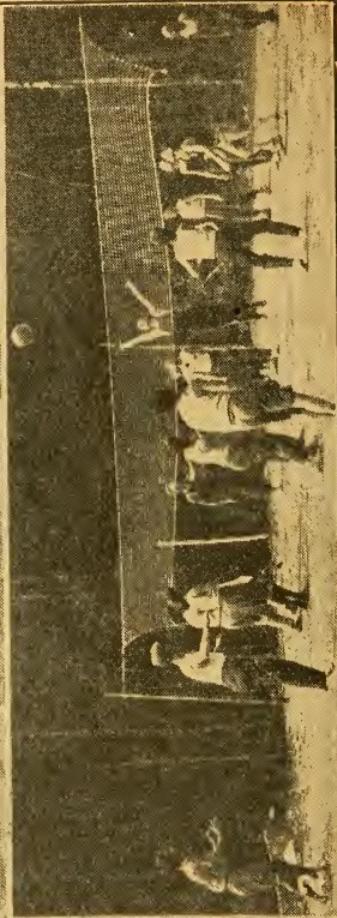
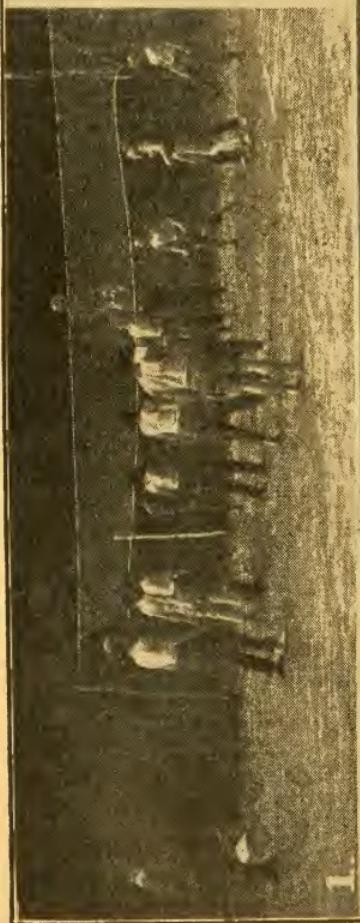
at the above time. Special lunchroom provision arranged. Line-up in March 19 papers.

Yours for a time without regrets,

E. W. ROEHM.

P. S.—*Important!* Winning teams in the above tourney will be honored and banqueted at the Large Men's Banquet Friday, April 7th—a good programme in preparation.

VOLLEY BALL AT A CAMP.



We look around for captains and, after choosing same, we send them the following appointment letter:

DEAR FRIEND:

The Committee on Volley Ball team organization (a few days ago) appointed and honored you with the Captaincy of one of the thirty-two teams to be active in the Spring Tourney, which begins April 5th, 1916, at 11:50 A. M.

This honor is always accepted without question and this year you will be assisted by a lieutenant of your own appointment.

About three hundred individuals are listed as players, thus making this tournament of four leagues the largest in the history of our work.

We feel assured that you will fully appreciate the importance of the organizing task and the shaping-up of three hundred units into effective working teams depends largely upon the attitude of the respective captains.

We know that you are a busy man, but this is a big piece of organized fun you can't afford to pass up. Captains' meeting occurs Friday, March 15, 1916, at 12:30 P. M. on the gym floor.

Yours for a time without regrets,

E. W. ROEHM,  
Secretary.

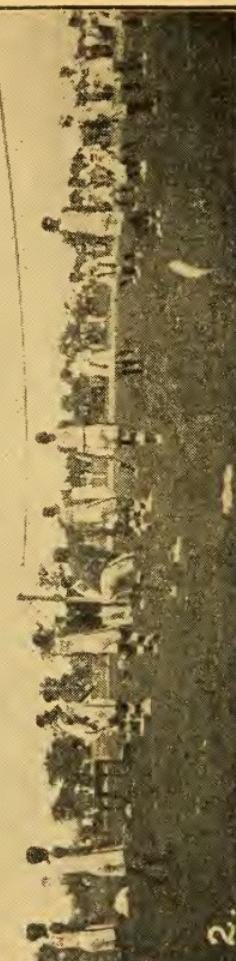
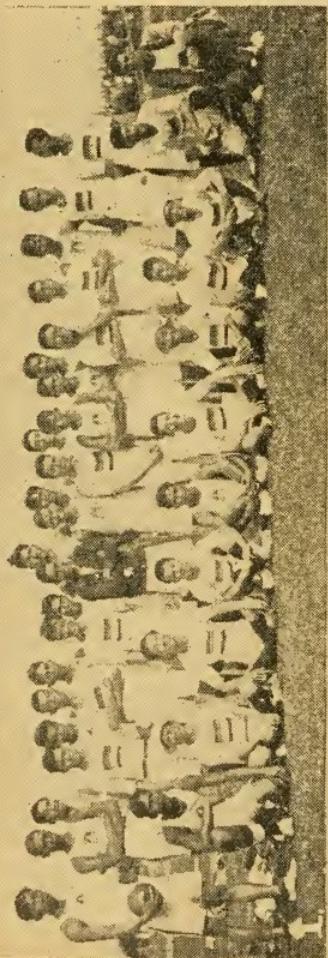
At the captains' meeting, teams are drawn by lot, which are made up in advance by a committee placed on slips of paper folded in. The drawing is final and the captains abide by same

We listed from seven to nine players on a team, and occasionally as many as seven players show up; such an arrangement prevents forfeits, which are unknown to us.

During the progress of the tourney (which is of seven days' duration, with three game days one week and four the following) we furnish the press with typewritten copies of the standing of games won, lost and per cent, which news items are eagerly sought.

Such writeups actually interest all of the players and arouse a general interest in the personnel, game and the Association as a movement.

The tourneys are conducted twice a year, viz.: in the months of November and March or April.



1. China and the Philippine Islands volleyball players; 2, China winning from the Filipinos, 1915.

VOLLEY BALL IN THE FAR EAST.

# Volley Ball—A Great Game

BY WM. T. S. HILL,

*Physical Director Hill Top Branch Y. M. C. A., Pittsburgh.*

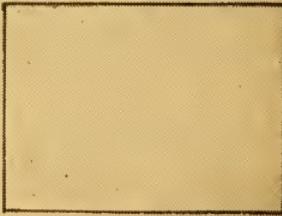
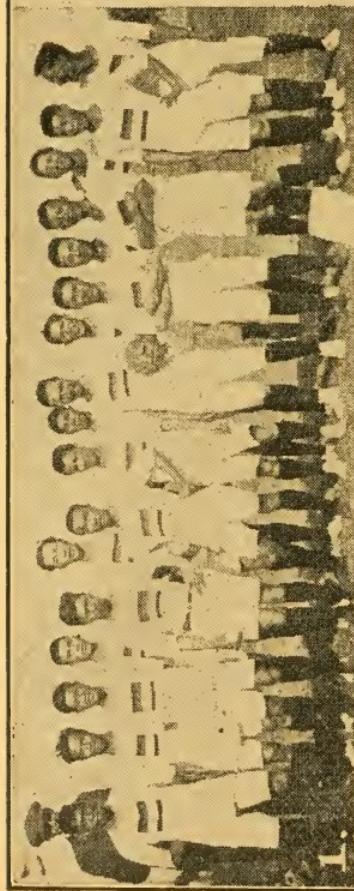
A few years ago, volley ball was an unknown thing, excepting in certain localities. I remember only five years ago when hardly a single gymnasium in and around Pittsburgh was acquainted with the game. On the other hand, it had been played all through Ohio for a number of years, for which I think a large amount of credit is due Mr. E. W. Roehm of the Columbus Y. M. C. A., who introduced the game first in the Buckeye State at Marion. Western Pennsylvania has just recently begun the promotion of the game, so that within the last three years among the Y. M. C. A.'s playgrounds, public schools, etc., it has become a growing popular sport, both indoors and outdoors. The question naturally arises, "Why is volley ball so popular and why has it taken such a firm hold in so short a period of time?"

First.—Volley ball can be played by anyone between the ages of eight and eighty and is equally suitable for either extreme.

Second.—Directors of physical education are just beginning to realize the all around value of the game and are giving more attention than ever before to its promotion.

However, in spite of the rapid progress which the game has made, there has been the tendency among many directors to reduce the science of the game to a minimum by various methods, such as changing of rules, etc., to suit their own fancy, the consequences being that when two teams from different organizations got together there were but a few things in their code of rules that were in common. This, I believe, is a big mistake and a detriment to the game. For example, volley ball is played in some places on courts as small as 15 x 35 feet, while in other places the measurements run as large as 40 x 80 feet. I have played on still other courts that have had round corners and the net varying in height from 6 to 8½ feet. No one would think of playing tennis on courts so far off in their measurement and

1. China's volley ball team, winner of championship, 1915. . 2. China vs. Philippine Islands.



2.

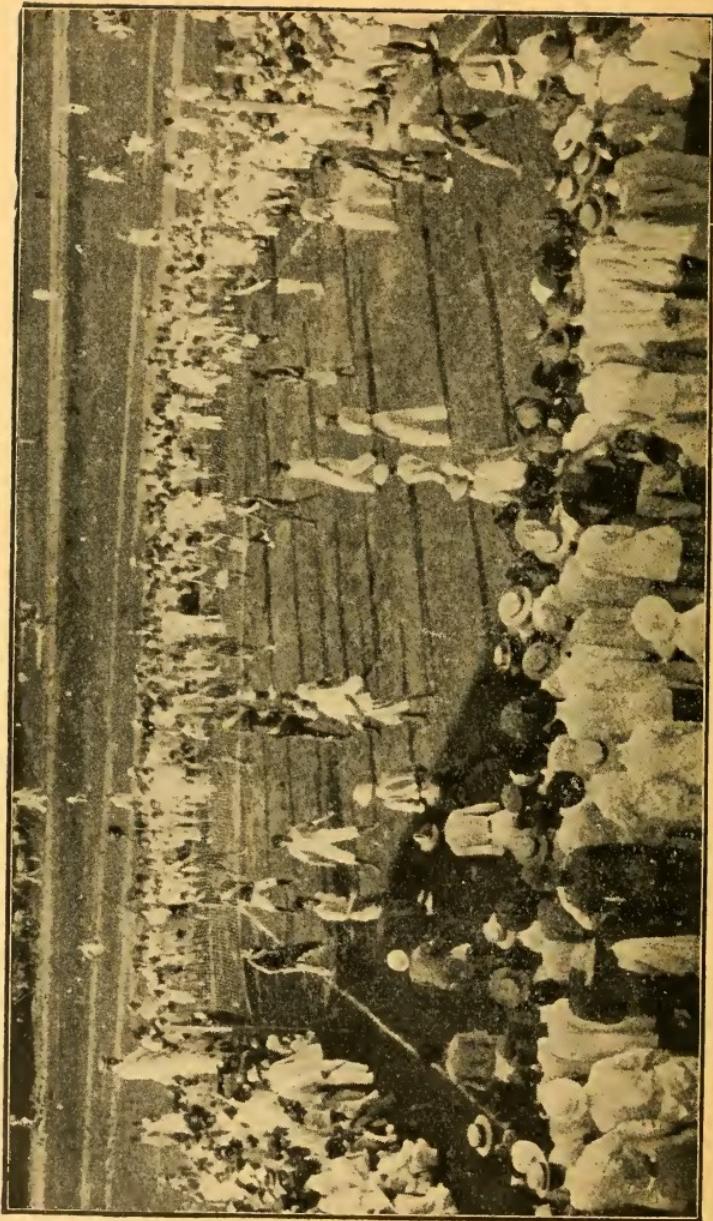
I cannot see why volley ball should be handicapped by these conditions.

The weight of the ball has a great deal to do with the popularity of the game, especially where clerks and office men are interested. No man likes to go back to his office with stoved fingers or bruised hands, caused by striking a stiff, heavy ball. In my judgment the very best ball, particularly for indoor use is the Spalding No. WV. For outdoor purposes, of course, the cover should be of tougher leather.

The practice of playing the ball back out of the net, adopted by some teams, develops a slovenly style of play, is neither scientific nor clean-cut and slows up the game very materially.

Games of any sort are valuable only as they leave their mark upon the character of the individuals participating; and it is in this respect that I count volley ball as second to no other sport in the whole catalogue of games. In our Pittsburgh games, the referee and linesmen are done away with entirely, the only official being a scorer. Every player is placed entirely upon his own honor. Forward players at the net call out when touching the net and the nearest man always gives final decision on balls alighting either in or out of bounds. I have seen championships lost when a player would touch the net on the final point and call the play on himself. This is the kind of sportsmanship that volley ball breeds and is approached in this respect by no other game that I know of, with the possible exception of tennis. I am convinced after a number of years of experimenting that one of the greatest of all games has arrived and all that is needed to prove this assertion is a fair unbiased trial of the game under the supervision of a play director who thoroughly understands its scientific points and who is capable of playing a fairly good game himself.

VOLLEY BALL IN THE PHILIPPINE ISLANDS.



# How to Conduct a Tournament

By A. M. GRILLEY,

*Director Physical Education, Young Men's Christian Association,  
Portland, Oregon.*

## INTRA-CLASS GAMES.

The class elect captains, the number depending on the size of the class. These captains, together with the physical director, take the class register and place or choose every member of the class. This league plays one match game at each class session, the tournament lasting from a month to six weeks. Each team plays all other teams an equal number of times.

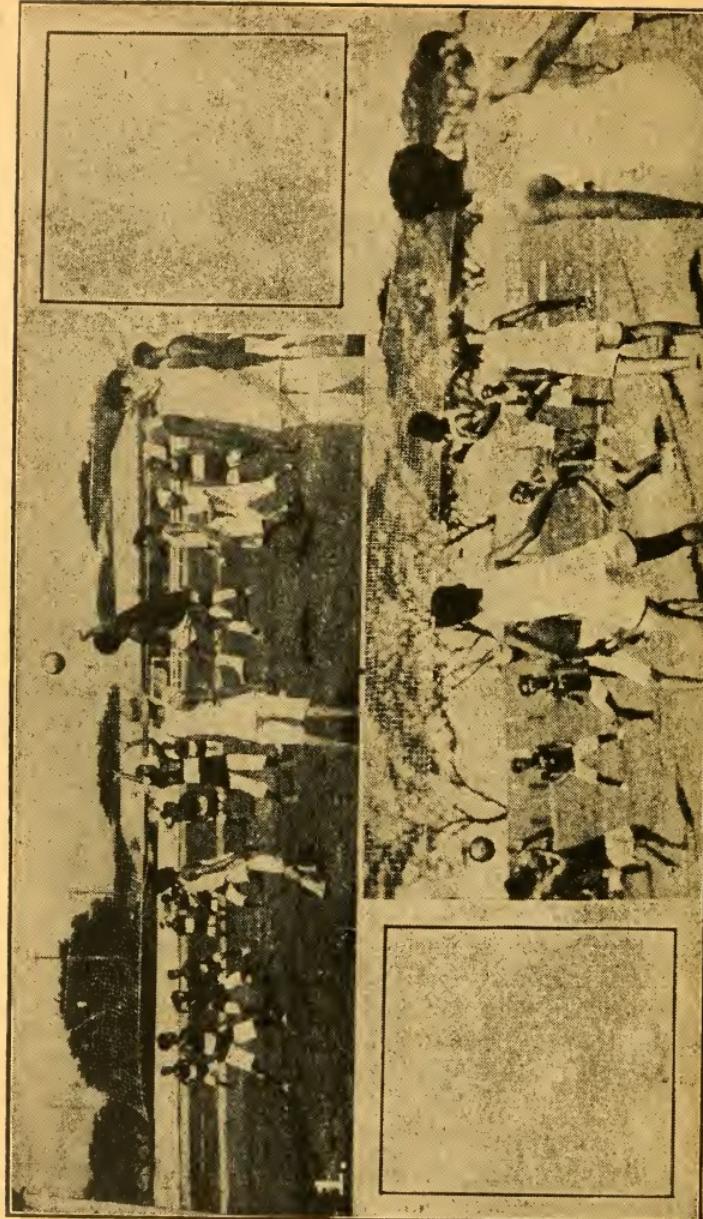
Another way of running the tournament is to have the courts numbered and have the teams fight for court No. 1; the winner of courts 5 and 6 moves up and plays on either courts 3 or 4, the winner of 3 and 4 moves up and plays on court 2 against the winner of courts 1 and 2; the losers to move down. In this way the winning team is always on court 1. The daily standing is announced at the close of each class session and the grand final is announced at the end of the contest, and new captains and teams are elected and chosen for another tournament.

These tournaments can be conducted without any intermission the year around with good results. The winning of the game counts 20 points, the winning of the class attendance against the opposing team counts 10 points; attendance not to count if a man is more than fifteen minutes late. This does not bar him from participating in the match game. No substitutes or changes are allowed on any of these teams, even though one team may not have half its men.

These types of contests do not necessitate practice for the game.

## INTER-CLASS GAMES.

It is well to arrange your intra-class schedules so that they terminate at approximately the same time. This gives a little stimulus for inter-class competition.



1, The "bomba" or "kill"; 2, "Bomberino" (center) just after hitting ball.

A MATCH GAME IN MANILA.

Preceding the evening's round-robin or schedule of games, have supper, selling your tickets in advance, which will assure your attendance. Secure an able toastmaster and have half a dozen toasts from various members of the different classes; these to be given as men are finishing their dinner and dessert. Then following this have not to exceed a half-hour talk or lecture by the most able speaker that can be secured on some subject that would be of moment of the day. It is well to have one or possibly two of these suppers to which the ladies are invited. Afterward adjourn to the gymnasium floor for the contest.

#### SUGGESTED WAYS OF RUNNING AN EVENING TOURNAMENT.

*Round Robin*.—This is composed of a representative team of each class to play each other team, grading according to percentage.

*Handicap Tournament*.—This is run the same as a round robin, with this exception—that handicaps may be given the weaker teams.

*Class Elimination*.—Secure as many teams out of each class as can play Class A ball; secure as many teams out of each class as can play Class B ball; secure as many teams out of each class as can play Class C ball.

Commence the evening's programme by Class C teams, competing, eliminating the losers. Following that by Class B players, eliminating the losers. Have your final game by Class A teams competing. Each team in each section draws for opponents and court. The value of this tournament is that the "dub" is competing as well as the "star" in his own class and is entitled to and receives as much credit.

Singles have become very popular before and after class hours. The court is just half the size of the regular playing space, drawing a line at right angles to the side lines in the center of the court. The rules are the same as in the official game. This size of court makes a fast game of *doubles*.



1, The Sampaloc (Manila) volley ball team, one of the strongest in the Islands; 2, Tondo Intermediate School volley ball team, Manila, winner P.A.A.F. annual championships, 1916; 3, The Bureau of Internal Revenue volley ball team, runner-up in annual P.A.A.F. championships, 1916.

# Volley Ball and the Development of Character

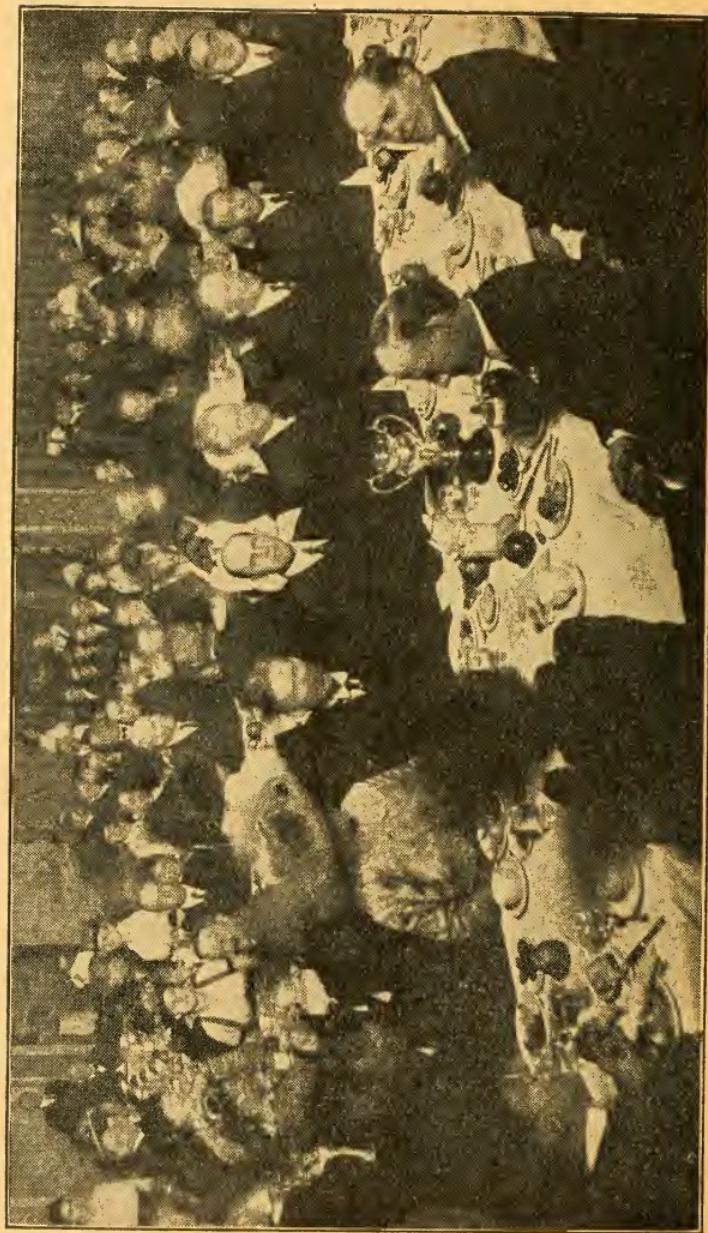
By JOHN D. GILES, SALT LAKE CITY, UTAH.

A noted writer is authority for the statement that character is simply the expression of personal qualities, or characteristics, as they are commonly termed—that the development of the positive qualities in our lives means strong character and that the neglect of the positive qualities with the consequent development of the negative qualities means weak character. Regardless of the success or failure each of us may encounter in life, there seems to be no division of opinion regarding the belief that every person really desires a strong, positive character—it seems to be the ideal of the human race.

The writer referred to gives as some of the positive qualities which contribute to strength of character, optimism, agreeableness, courtesy, enthusiasm, ambition, courage, initiative, the conquering spirit, confidence, co-operation, perseverance, work, precision, judgment, fairmindedness, honesty and loyalty. Surely there can be no gainsaying that each of these qualities forms a desirable part of the ideal character. Such being the case it would seem a desirable thing to make such qualities a part of our play as well as a part of the work, thus implanting them firmly into our souls and making them part of our beings.

The remarkable increase in popularity of volley ball, both as an indoor and outdoor sport, is due in large measure to the sociable nature of the game and some essential features which afford splendid opportunity for the development of positive qualities and which distinguish it from other games commonly played in gymnasiums and upon outdoor playgrounds. Unlike other group games where a number of players compose a team, such as base ball, basket ball, foot ball, etc., volley ball permits of a social relationship between players during the entire course

BANQUET AT CLOSE OF PORTLAND (ORE.) VOLLEY BALL TOURNAMENT.



of the game, the players being stationed in comparatively close proximity to each other and yet not being compelled to be in action as much as in other games.

These conditions naturally develop a close social relationship between the players on both sides of the net, affording opportunity for the development of the social side of one's character not offered by any other American game. Such qualities as agreeableness, courtesy, co-operation, and loyalty are developed in this way.

In a greater degree than most other games, volley ball also affords opportunity—and really compels, if one is to be at all successful as a player and popular as a member of a team—for the development of the moral side of one's character, bringing into action such qualities as honesty, fairmindedness and moral courage. Except in unusual cases volley ball is played without umpire or referee, the players seeking exercise and recreation rather than the honor of winning. This means that the decisions must be made by the players themselves and oftentimes there is unlimited opportunity for the display of fairness or unfairness, as line balls, net balls, fouls, etc., may mean decisions of the closest kind.

With all players anxious to win and looking for every possible advantage, only the broadest kind of fairmindedness will enable a player to contend for and be willing to concede decisions that are absolutely fair. The fact that virtually all of the players are in a position to see the majority of the plays makes a player who tries to take unfair advantage of his close proximity to a play decidedly unpopular and he is quickly "outlawed" among his fellows. This fact encourages each player to make decisions that are fair, as near as he is able to determine, and also to accord to opposing players the same spirit of fairness that he himself seeks to develop. The influence of such conditions upon those who play the game, whether they be young or old, can be only of the most elevating nature. It makes of volley ball a typical American game, developing the characteristics that appeal to the true American spirit and enlisting in its favor those whose ideals in athletics lean toward fairness and broadminded-

ness and discourage the petty practices that tend to destroy character rather than uplift it.

These conditions are bringing volleyball into prominence in the gymnasiums, the public schools, the public playgrounds and even into private courts. Public educators, physical directors, parents and others interested in the development of clean, uplifting athletics are encouraging it because of its character-developing qualities and its encouragement of the spirit of fair play.

Then, too, volleyball is an excellent game for the development of such positive qualities as precision, determination, persistency, cheerfulness, alertness—all contributing factors to a strong and well balanced character. The fact that the players are near enough together to coach and encourage each other develops a team spirit which in the individual promotes co-operation, a characteristic of unquestioned value.

All things considered, the game of volleyball as a means of developing character is to be commended and encouraged. In young people it develops characteristics that lead to success in future life. To the business man it furnishes not only a moderate form of exercise and a means of sociable recreation but also serves as a reminder of the principles that mark the road to progress. The fact that it is an equally good game for girls or boys, women or men bids fair to make it one of the leading games of the future. In one city every public school teacher is required to be sufficiently well acquainted with the rules to be able to teach it to pupils in groups or to officiate in match games when called upon. This action simply indicates the manner in which volleyball has "caught on" among those who have given the selection of proper games careful consideration.

## Volley Ball a Social Game

BY A. K. FRANKLIN, ATLANTA, GA.

The "sociology" of the physical department of any organization has been, and will continue to be, a comparatively difficult problem to handle with real profit to the members and credit to the organization and its employed officers.

Physical educators of to-day are beginning to realize more and more that the work of the physical department, if it is to meet the need of the boys, young men and business men of our community, should be thoroughly socialized.

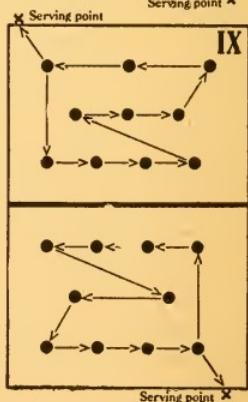
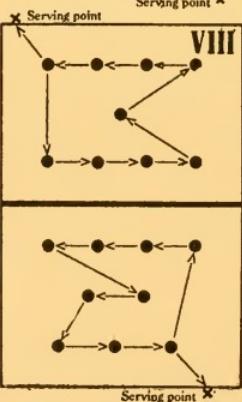
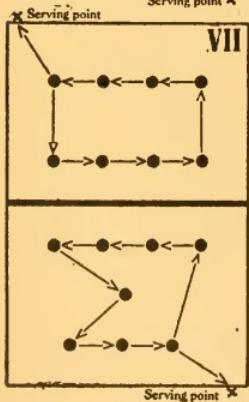
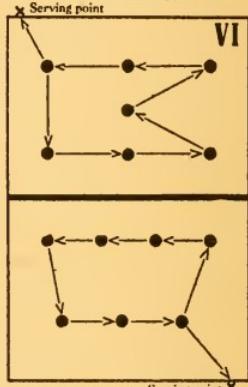
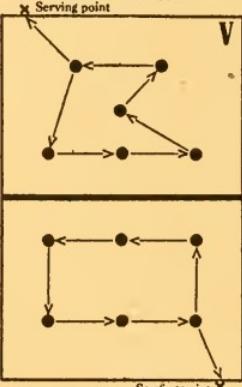
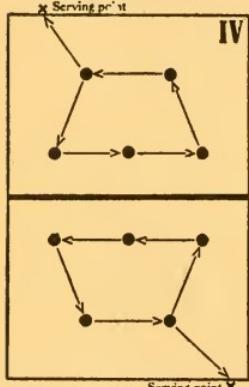
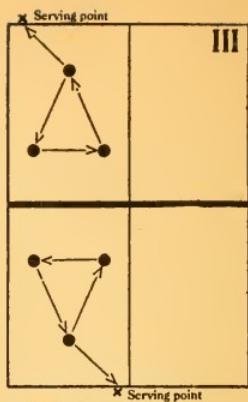
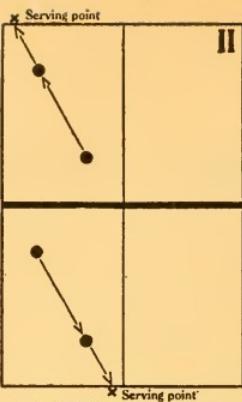
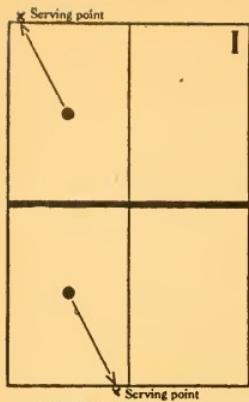
This is especially true in the promoting of work for business men, and the question arises how to connect the physical and the social features in a way that will attract the attention of our business man of to-day. I have found in past experience that the social aspect can be more easily promoted through a continued series of short-time volley ball leagues run in connection with the regular class work of the physical department.

Volley ball in the past two years has increased in popularity with leaps and bounds, especially among business men. It appeals to the business man because it affords an opportunity for both physical and mental relaxation. It gives him a splendid opportunity to meet his fellow business men in a social game. He, after a day of mental strain, needs that kind of exercise which will enable him to forget the many problems and petty cares of the business world. Of all men he needs to learn the real value of play life, which tends toward the highest efficiency.

G. Stanley Hall says: "Men grow old because they stop playing, and not conversely, for play is, at bottom, growth."

George E. Johnson says: "It is doubtful if a great man ever accomplished his life work without having reached a play interest in it."

This can be done through organized leagues in connection with a well-rounded and systematically planned course of physical education.



"Serving point" (x) in diagram, indicates where the service is to be delivered from.

Diagrams I, II and III illustrate the court when used for singles, doubles or triples. A line is drawn through the center, dividing the court in half. It is not practical to play two games at one time on a court.

Diagrams IV, V, VI, VII, VIII and IX illustrate two different methods of arranging men on the floor; either can be used to advantage.

I have worked on this plan for many years, and the past season has proved without a doubt the success of such a scheme of organization.

When the new building of the Young Men's Christian Association of Atlanta, with its thoroughly equipped department of physical education, opened its doors and began enrolling members we found that very few were familiar with the game of volley ball and those that were considered it an inferior game, one more adapted to girls than men. As a result, the game was bitterly opposed by men, and it was only by introducing volley ball as the major game in connection with the regular class leagues that it began to win favor.

It first won its popularity in the business men's classes, then the young men and finally the boys' department took up the game with enthusiasm until now it has become one of our most popular games and claims as many enthusiasts as does basket ball or any other indoor game. During the months of June and July a summer league was organized in all classes in connection with the physical department; forty-four teams and 640 different individuals enrolled for play. In this league we included the expert, mediocre, and the dub, and before the series was over quite a number of our men developed into expert volley ball players. A start was all that was needed.

At the close of this league the more efficient players felt that they should be given an opportunity to organize a major league consisting of more expert players. As a result, an eight team league was organized with eighty of Atlanta's most prominent business men enrolled on the teams. Before this league was half over it was necessary to organize a third league to take care of the men.

If we expect to popularize the game of volley ball we must give every man an opportunity to develop into an all around player. This can only be done by having the men shift positions on every serve, thus giving each one an opportunity to play every position on the court. The shift takes place only after the opponent loses his nerve. The diagrams on opposite page illustrate the method of shifting:

## How to Get the Most Out of Volley Ball

By J. H. SCOTT,

*Physical Director Central Y. M. C. A., Brooklyn, N. Y.*

Like all other team games, the success of promoting volley ball depends upon the leader. Few can succeed in developing and sustaining interest unless a large amount of personality is put into it. The leader of this sport therefore should first learn the fine points of the game himself. This does not mean that he should be a star player but rather he should become an enthusiast about the game, realizing the large possibilities of physical benefit that may be derived from same. Like a hard cold, once one gets into the spirit of the game, he finds it hard to shake off. Here lies the success of continued physical activity of any individual. Once one gets the habit he will play volley ball as long as he lives. It is a great thing for a man to become so attached to a good indoor sport that he will exercise with regularity. And volley ball is a game that is so readily played by young and old that it is nearly ideal. There is little, if any, danger of injury and yet, when learned, it will be found that there are vast opportunities to develop team work and the big muscles of the body get a vigorous amount of work. Let the leader get thoroughly infected with volley ball and those coming to the gymnasium will soon be "taken down with it."

The rules of the game have been developed by practical experience and it is necessary to follow them closely in order to get the best results. Care should be taken to rotate the players of a team, thus giving everyone a serve and a chance to play the various positions in order. Also keep the ball moving—play fast—don't allow players to get slow or lazy. Encourage team passing. It's a good plan, prior to a game, to have informal batting of the ball back and forth, at the same time practising passing the ball from one to another.

Tournaments, leagues, etc., are very helpful in promoting the game. The success of these depends upon evening up the teams. Here is a practical plan to accomplish an even distribution of players:

Suppose there are forty-eight who desire to get into a tournament. Select six captains and let them classify the forty-two other men, ranking them from one to forty-two, according to ability. Instead of letting the captains select men from this list for their own teams, have them serve as a committee and place all of the forty-two on six teams. They will be very evenly divided. Now let the captains draw for their teams. Each will get one that all have been interested in forming. These teams ought to make a lively league. The old way of letting the captains pick men from the whole list is unfair, for some captains know the men better than others. By the foregoing method all are interested in each team, for they don't know which one they will get until after the teams have been chosen.

The official is also an important part of the game. Have him call out loudly every play, announcing the scores of both teams when each play has been completed. Always have the official present early. Delays in starting ruin a tournament. Also keep the standing of teams up to date and posted in a prominent place. This is mighty important. It pays to spend time on such details. Teams like to see their correct standing. Make out the schedule and team standings neatly. Attention to these details seem unimportant, but boys and men enter into the spirit of the game in proportion to the time and thought that the promoter gives to it. Observation will prove that a carelessly drawn up schedule will beget a half-hearted series of contests.

Two tournaments an indoor season will prove practical—the fall series serves as a "get acquainted" affair, the ability of the various players is learned and this makes possible an even better selection of teams for the spring championships.

Thus far the writer has dealt with the game as an indoor recreation. However, it is just as truly an outdoor game. Camps and playgrounds are just the place to play. The grounds do not necessarily have to be smooth, for the ball does not hit

the ground during play, as in many other games. A change of teams to opposite sides of the net after each game is important. This gives each team the advantage of the better physical conditions which may prevail on one side of the net.

Volley ball has not become popular in some sections of the country as yet. It is bound to have a large place though in our list of team games. Tennis was looked upon as a ladies' game for many years and a fellow with a tennis racket and camera was thought to be a mollycoddle. Not so today. The liveliest red blooded men are playing it. So with volley ball. A little thoughtful promotion of it will have lasting results. There is scientific playing in it and yet it is not so difficult but what any one can easily become proficient. Two games can be played where one game of basket ball, indoor base ball or hockey are usually played. This affords an opportunity for a much larger number of players being accommodated at the same time.

*Let's boost volley ball.*

# Volley Ball in South Parks, Chicago

By H. G. REYNOLDS, CHICAGO.

That volley ball has proven to be a success as a game for the gymnasiums and playgrounds of the South Parks is shown by the number of teams participating in inter-park competition. The game was first introduced as an inter-park sport in the women's gymnasium in 1914. At first the girls did not take kindly to the game, as they had been playing basket ball so long and could not see any good or fun in playing anything else. After a few weeks of practice and coaching by the women instructors, the game had taken the place of basket ball, and at present there is very little basket ball played.

Up to this time there was no inter-park competition for girls, as it was considered unwise to allow games where all the parks were in one league. Games were arranged by the instructors as they saw fit. At one of the regular meetings of the women instructors the question of having leagues in volley ball came up, and after a discussion of the playing rules it was voted to try it for one year, the leagues to be one for girls under five feet in height, to be played in the afternoons, and one of unlimited height to be played in the evenings.

As there were eleven parks that have gymnasiums, each league was divided into two divisions (North and South). Mark White Square, Armour Square, Fuller Park, Davis Square, Cornell Square and Sherman Park were placed in the North Division. Ogden Park, Hamilton Park, Russell Square, Bessemer Park, and Palmer Park were assigned to the South Division. When the entries closed Armour Square, Fuller Park, Cornell Square and Sherman Park, of the North Division, and Ogden, Hamilton Park, Russell Square, Bessemer Park and Palmer Park of the South Division entered in the limited height league, and Mark White Square, Cornell Square, Sherman Park and Ogden Park (Ogden being changed from the South Division, as there was a greater number of teams entered from the South Division),

in the North Division. Hamilton Park, Russell Square, Bessemer Park and Palmer Park entered from the South in the evening league.

The schedule of both leagues called for one game at home and one away from home with each team in their division, the winner of the North Division to play the winner of the South Division a series of three games for the park championship. Sherman Park and Cornell Square, in the limited height league, were a tie, each having won five games and lost one in the division championship, so an extra game was played and Cornell won, giving them the right to play Bessemer Park, which did not lose a game in their division. Sherman Park came through with a clean slate in the North Division, as did Bessemer in the South Division of the unlimited height league. The championship of the limited height league was won by Bessemer Park and the unlimited height was won by Sherman Park.

The interest having been created a demand was made in 1915 for another league for the afternoon, so an unlimited height league was added. The limited height girls in 1914 were measured before each game by the instructor and this was found to be unsatisfactory, as girls of this height (five feet) are of the growing age, and when the championship was played some of the girls were found to be over height, so in 1915 all girls were measured before the league schedule began by a representative of the administration office and given a card which allowed them to play all through the year. There were 243 girls given cards. When the entries closed for the 1915 championship, twenty-six teams entered, this being a gain of nine teams over 1914. The same plan of deciding the championship as was used in the preceding year was adopted.

In the North Division the following teams entered: Limited height (five feet and under)—Mark White Square, Fuller Park, Cornell Square and Davis Square. Unlimited height (afternoons)—Mark White Square, Fuller Park, Cornell Square, Sherman Park and Davis Square. In the South Division: Limited height—Russell Square, Ogden Park, Hamilton Park and Besse-

mer Park. Unlimited height (afternoon)—Russell Square, Sherman Park, Ogden Park, Bessemer Park. Evening League—Russell Square, Ogden Park, Hamilton Park and Bessemer Park.

The division championship of the limited height of the North Division was won by Mark White Square without a defeat, after playing six games. Mark White Square also won the afternoon unlimited height, with a string of eight victories. Sherman Park again led the way to the top, as they did in 1914, in the evening league, playing eight games without a defeat. The South Division winner in the limited height class was Bessemer Park, they also coming through with a clean slate of six wins. The afternoon unlimited height group was a battle royal between Sherman Park and Bessemer Park, each team winning five games and losing one, Sherman losing their game at home by a score of 41 to 35 and winning their game at Bessemer by a 47 to 43 score. The play-off of the tie was played at Fuller Park on February 27 before an audience of six hundred and was won by Sherman Park by the score of 67 to 46. The evening league was won by Bessemer Park winning six games and losing none.

In the play for the park championship Bessemer won both games from Mark White Square in the limited height class by scores of 66 to 48 in the first game and 83 to 29 in the second game. The afternoon unlimited championship was won by Sherman Park. The first game was played at Sherman Park, which they won by a 52-49 score. The second game was played at Mark White Square, resulting in a tie after forty minutes of playing time, the score being 50-50. After a rest of a few minutes the teams resumed play and Mark White won the game 59-55 in five minutes of play allowed by the rules. The third game was won by Sherman Park, giving them the gold medals.

Bessemer Park, the runner up in 1914, turned the tables on Sherman Park, the champions of 1914, and won the evening championship by the scores of 50-40 and 56-48. Both games were hotly contested, the second game being a tie at the end of the first half.

The girls have shown the best spirit in all games played and too much praise cannot be given them and the instructors, Miss

Helen Rolston of Mark White Square, Miss Helen James of Sherman Park, and Miss Isabelle Ehrle of Bessemer, for the excellent coaching and splendid co-operation which they have exhibited in running off the championships.

FINAL STANDING VOLLEY BALL LEAGUE, 1915.

NORTHERN DIVISION.

Limited Height.

	Won.	Lost.
Mark White Square.....	6	0
Cornell Square .....	4	2
Fuller Park .....	1	5
Davis Square .....	1	5

NORTHERN DIVISION.

Unlimited Height (Afternoon).

	Won.	Lost.
Mark White Square .....	8	0
Fuller Park .....	5	3
Armour Square .....	4	4
Cornell Square .....	3	5
Davis Square .....	0	8

NORTHERN DIVISION.

Evening League.

	Won.	Lost.
Sherman Park .....	8	0
Mark White Square.....	6	2
Cornell Square .....	4	4
Fuller Park .....	2	6

SOUTHERN DIVISION.

Limited Height.

	Won.	Lost.
Bessemer Park .....	6	0
Ogden Park .....	3	3
Hamilton Park .....	2	4
Russell Square .....	1	5

SOUTHERN DIVISION.

Unlimited Height (Afternoon)

	Won.	Lost.
Sherman Park .....	5	1
Bessemer Park .....	5	1
Russell Square .....	2	4
Ogden Park .....	0	6

SOUTHERN DIVISION.

Evening League.

	Won.	Lost.
Bessemer Park .....	6	0
Ogden Park .....	4	2
Russell Square .....	2	4
Hamilton Park .....	0	6

# Volley Ball in the State of Washington

By S. M. BERTHIAUME, SEATTLE.

Volley ball in this Northwest State has been developing along three distinct lines, and is fast becoming a very popular game. First, we have the outdoor game; second, the indoor game; and also experimental games to test out and introduce improvements in the play.

The outdoor game is confined mostly to playgrounds and picnic groups, and is fast coming into favor among community groups where the game is introduced, where it recommends itself because of small initial cost, number of players accommodated, its adaptability to different plots of ground, and ease of mastering the plays and action of the game.

The playgrounds develop teams among grammar schools and among working men's and business men's groups. Leagues are formed and the tournaments played off with much interest.

The indoor game is most strongly developed in the Y. M. C. A.'s, where it is competing successfully with basket ball for a place in the class hour. Teams are developing and inter-city play is quite popular. The Association game, however, in the Northwest is somewhat different from the playground game, inasmuch as the net has been raised to eight feet, and the rules made that a serve must be unassisted; also touching the net constitutes a foul, and after having played the ball once, the same party cannot play it over the net, but must play it to some member of the team who has not touched the ball on that play, thus doing away with one tall man at the net, who could jump, and by striking the ball directly down spoil the game.

The picnic groups are commencing to look toward volley ball as a solution of the problem of keeping the men and boys busy, as, after the net is once up, there is no rest except for the meals.

The game has done wonders towards building older business men's groups in the gymnasium, where a class of business men will form a league and play off very exciting contests.

## Volley Ball in Indiana

By R. J. HORTON.

Volley ball in Indianapolis has become so popular that every class, from the youngest boys to the oldest men, plays the game. In the business men's class leagues have been organized and play for stated periods varying from one month to six or eight weeks. We found that the short tournament, with its frequent reorganization of teams, keeps the interest at a much higher pitch than in the long tournament, where the tailend team becomes hopelessly in the rear. We also found it interesting to have a five game challenge match on holidays—for example, New Year's morning. During the past season in the business men's class we followed a plan of dividing the beginners from the experienced men and putting them on separate courts. This enabled the older players to enjoy their game without a weaker man spoiling the fun, and, on the other hand, allowing the beginner to progress steadily without the discouragement of being "shown up." We have found that with this scheme a large number of the beginners quickly become very acceptable on the more experienced teams.

Kokomo, Indiana, has been very successful in producing a brand of volley ball in their business men's leagues that has developed a very successful team.

Evansville also thinks they have an unbeatable team.

At Richmond volley ball has secured such a hold on both the business men's classes that on Saturday afternoon everyone who cares to do so joins in a free-for-all volley ball game.

To return once more to Indianapolis in conclusion. For the last two summers both of the business men's classes have continued their class period throughout the entire summer, playing volley ball, and last summer even the senior class was sufficiently interested in the proposition to continue their class in a like manner. Needless to say, however, it is only the volley ball "bug" that plays on the hottest of afternoons.

# Volley Ball in St. Paul and Vicinity

By C. A. NEAVLES,  
*Physical Director Y. M. C. A.*

The popularity of the game of volley ball has increased rapidly in St. Paul since its introduction three years ago by Carl Rothfuss, then physical director of the Y. M. C. A. and supervisor of the public playgrounds.

The start was made in the playgrounds in 1912. The first year the girls only played; the boys thought it was a "sissy" game. The next year, however, the boys and men got into the game, and their interest has continued to grow since that time. A demonstration was given by Prof. Rothfuss at the Minnesota State Fair in the fall of 1913, which proved to be a stimulus to the interest in the game. Tournaments are held each summer in all the dozen city playgrounds. The best team from each playground plays in the city championship series. The city winner then plays the Minneapolis championship team for the Twin City girls' volley ball title. St. Paul has been victorious for the past two years.

The game was introduced into the Y. M. C. A. a year and a half ago. The business men took to it at once, and a noisier bunch of enthusiasts would be hard to find. In the cup championship for the "12:15 Tin Cup," the Dumbbell team won by coming into first place in the last week by taking two straight from the Chest Weights.

### Volley Ball Standing.

	Won.	Lost.	P. C.	Won.	Lost.	P. C.	
Dumbbells .....	14	6	.700	Bucks .....	9	11	.450
Chest Weights .....	12	8	.600	Indian Clubs .....	9	11	.450
Springboards .....	10	10	.500	Parallel Bars .....	6	14	.300

A. W. Kaercher is captain of the winning Dumbbells, and George Reiger of the Chest Weights. The other captains were E. H. S. Kemper, O. Swoboda, R. H. Johnston and Gus Wilson, all prominent business men in St. Paul.

## Volley Ball in the St. Louis Y.M.C.A.

BY A. A. McLAUGHLIN, ST. LOUIS.

Two years ago volley ball was again taken up after several attempts by various directors to create an interest in the game. At that time basket ball had a strong hold on the game situation. After eliminating basket ball in the business men's and young men's classes, it was necessary to substitute another game that could be played by a number rather than by only ten or twelve, which was the case in basket ball. Indoor base ball became very popular, but by dividing the game period into two parts, opening the class session with indoor, then the regular class and winding up with volley ball at once met the pleasure of the men and seemed to satisfy the largest number in both these classes.

During the past year, classes have been continued all summer with never a slackening in either numbers or interest. Volley ball has been used continually and enjoyed by both young and old. It is not too strenuous for the less active man and yet gives a good work out on a hot day or night for those who like to perspire freely.

# Volley Ball in Country Communities

BY JOHN BROWN, JR., M.D.,  
*Secretary Rural Health and Recreation, International Committee  
of the Young Men's Christian Association.*

Without question, volley ball will some day be the great game in American country life, both indoors and outdoors. It has all of the essential qualities to make a permanent place for itself in the recreation life of the nation, and is particularly suited to conditions in the open country and small communities. Already it has supplanted base ball, basket ball and foot ball in some communities where it has been introduced but recently. This is not to be wondered at when we consider the many advantages which this game possesses.

*All Can Play.*—This is true regardless of age, sex or ability. The young and old quickly learn to play it with as much enjoyment as those who are in their youth or early years of maturity. It is one of the few active games in which those of both sexes may unite on practically equal terms, because more depends upon judgment, dexterity and team play than upon strength, endurance and weight. The fact that all can play and enjoy the game regardless of previous experience or expert ability makes it a particularly popular game in communities and schools where it is necessary to have all those available participate, in order to have a sufficient number in the game to make it interesting to all concerned. Two or three on a side makes a good game, or twenty-five or fifty can be on a team, depending upon conditions.

*It is a Social Game.*—There is lots of fun in it, both for those who are playing and those who are watching. It is not only interesting, but at times exciting. Laughter and good feeling are accompaniments of volley ball when it is rightly played.

*It is Spectacular.*—Both from the standpoint of those who are actually playing the game and also from the point of view of the onlookers, volley ball is exceedingly spectacular. The

play is not as complicated as in foot ball, base ball or basket ball, but the constant volleying of the ball from one side of the net to the other, the many narrow escapes on its hitting the net, touching the ground, or going out of bounds, is amazing, and gives repeated thrills in the course of a single game.

*It Is Competitive.*—The American spirit has much of the competitive in it, particularly when it has to do with games and amusements of any sort. It is not difficult to balance the teams so that the results of the game will be uncertain until the last point is scored. An amazing amount of friendly rivalry is aroused, not only between the different teams, but also between the players on the same teams in an effort to secure the largest number of points.

*It Is a Safe Game.*—Many persons, particularly the young and those who are beyond middle life, or those who are weakly, are compelled to refrain from indulging in many of our most popular American sports. Such individuals can play volley ball without seriously handicapping their team and without running the risk of any serious injury. There is no bodily contact with opponents. The ball is soft and does not injure the one hitting it or anyone who may accidentally be hit with it.

*It Is a Healthful Game.*—Aside from the fact that the enthusiasm aroused promotes a wholesome mental attitude, it is very beneficial physically. The postures assumed and the bodily movements executed, are exceedingly beneficial. The erect position, the upward reaching of the arms, and the body-bending, all tend to counteract many of the bad physical defects resulting from physical inactivity and lack of vigorous exercise. The amount of exercise will vary, depending upon the physical ability of those participating, which in itself tends to adjust the exercise to the needs of the different players.

*Equal Opportunity for All.*—By the system of rotation of players all individuals have an opportunity to serve and to play in the different positions. In this way a variety of experience and exercise is enjoyed.

*Players Do Not Tire of It.*—The more expert one becomes, the more he enjoys volley ball. In other words, a player does

not tire of the game as soon as he has mastered all its fine points. Therefore, in introducing this game into a school or community, it should be kept in mind that it is not a fad or novelty, but something that bids fair to become a real part of the school or community recreational life.

*Requires Little Space.*—Volley ball can be played in many places, both indoors and outdoors, where none of the other more active and vigorous games can be enjoyed.

*Simple Equipment.*—The space, ball and net, usually can be acquired with little difficulty, and the ball and net are very inexpensive when we consider how long they last and the number of games which can be enjoyed by a great many persons before they have to be repaired or replaced.

*No Special Costume Necessary.*—Many games can only be enjoyed when those participating are dressed specially for the purpose. While it is true that those who wish to get the greatest benefit from a lively game of volley ball should dress for the purpose, still it is not necessary to have any prescribed clothing or accessories.

*The Rules Are Few and Readily Understood.*—This is a distinct advantage in a game which is to be played under so many different conditions, and by persons differing in age, sex and experience. A person who has never played volley ball can learn all of the rules in five minutes of play better than in any other way.

Careful study of the foregoing statements indicates that volley ball is peculiarly suited to country life. There is a place for it in the recess period and noon hour activities on the school playground. Leagues can be organized with teams on which every scholar in the middle and upper grades is represented. Inter-school visits and leagues are being encouraged in an informal way in some counties with good results.

At church and Sunday school picnics, play festivals, and on county fair programmes, volley ball is being given a larger place each year.

In every rural community there should be a volley ball court on the school grounds or some other public place under proper

supervision, where the young people and adults may enjoy the game.

In a small rural community where volley-ball was introduced two years ago, they now have four courts, provided with sufficient electric light to enable eight teams to play league games out of doors during the evenings, when weather conditions are agreeable.

While the rules call for a definite size of court, it should be remembered that a good game can be played and lots of fun enjoyed, in school rooms, town halls and other places that may be available, where the space and other requirements are less than those specified.

# Volley Ball in the Philippine Islands

BY ELWOOD S. BROWN, MANILA.

Volley ball was introduced in the Philippines just five years ago. One of the half dozen balls in the country at that time was used—twenty young men took part in the first game. Last year there were no less than 150,000 individuals, both boys and girls, playing regularly—quite a tribute to the popularity of the game in a small country like the Philippine Islands.

Volley ball is played in every part of the Archipelago. The naked Igorrotes of the north and the warlike Moros (Mohammedans) of the south seeming to enjoy it as much as do the civilized Christian people of the other sections of the country. Only one game rivals it in popularity—indoor base ball played outdoors, and not the regular game of base ball, as one might suppose. Volley ball is a great contributory factor in our campaign for health—in the fight to reduce the annual number of victims claimed by old George W. Tuberculosis.

I can well remember the first game. After explaining the simple rules in force at that time, the whistle was blown and the game started. The Filipinos seemed starved for play and they batted the ball back and forth with the utmost enthusiasm and abandon. It was some time before it was possible to get them to pay any attention to "side out" or the scoring of points. It is a far cry, however, from that first match with its wild playing to volley ball as it is skillfully played now. The enthusiasm which still exists is about the only reminder of that first match.

Two styles of game are played here, the chief point of distinction lying in the number of times the ball may be struck before being batted over the net. As the Americans play it, the ball may be struck any number of times on one side of the net before returning it over the net into the opponents' territory. The rules used by Filipinos read on this point:

"The ball may be touched only *three* times within a court before being returned over the net; in case the ball is driven into the net one additional touch shall be allowed."

Some additional strokes are also allowed in an attempt to return a ball which goes outside of a court but does not strike the ground. The reason for the rule allowing the Americans to strike the ball any number of times on one side of the net and the Filipinos only three times, does not lie in a whim of the rulemakers, but is an exemplification of a fundamental difference in the two races. The American does everything direct—in volley ball each man usually tries to put the ball into the opponents' territory every time he hits the ball. The Filipino does things indirectly, he likes to tease the mouse awhile—in volley ball to pretend that he is about to put it over the net and then not do so.

It must be said that the Filipinos have developed unusual and surprising skill at keeping the ball in the air and controlling its movements without violating the rule which prohibits catching or holding. I once witnessed a championship game where the players of both teams were anxious to demonstrate their skill in handling and manipulating the ball. Every time it went over the net the players of side receiving would bat it back and forth among themselves—up to the net as if about to put it over and then back to the rear line and so on indefinitely. When one team struck the ball fifty-two times on its own side of the net without attempting to put it over, the rules committee, the members of which were present, decided to make a drastic change, as the game was developing into something as dinkey as ping pong. Hence the rule reducing the number of touches to three. This has produced a fast, skillfully played game, where every player must be alert and careful not to waste a stroke.

The Filipinos have developed an interesting play called the "Bomba," or kill. The player who gives the ball the killing swat is called the "Bomberino." The "Bomberinos" usually play in the second line from the net. On the first stroke allowed the player taking it tries to bat the ball to a point in his own court

near the net. On the second stroke one of the net men bats the ball straight up, high into the air, so that it will fall very close to the net. On the third and last stroke one of the "Bomberinos" comes in on the run, jumps high into the air, meets the ball as far above the net as he can jump and reach and smashes it down into the opponents' court. Some of these "Bomberinos" can place the ball as accurately as an expert tennis player returns a tennis ball. Some of the pictures printed in this book clearly show a "Bomberino" in action. Great skill has also been developed in receiving and returning "killed" balls, and so the game goes merrily on. Courts are usually 90 x 45 feet in size and sixteen to twenty men play on each side.

The annual Philippine Amateur Athletic Federation championships are held in connection with the carnival each February. Volley ball is one of the big events on the programme. As many as thirty teams have sought to enter the official championships. Last February the Games Committee accepted thirteen teams, all of which had demonstrated sufficient class to make them real contenders for the championship. The teams represented government bureaus, schools, dormitories, Y. M. C. A.'s and clubs. After the hottest kind of a tournament the Tondo Intermediate School finished first, defeating the strong Bureau of Internal Revenue players in two close matches. The annual interscholastic tournament, held at the same time, resulted in a victory for the Philippine School of Arts and Trades. Interest in volley ball has spread to China, and in Hongkong and Canton there are a number of high grade teams. One of them defeated a Filipino team at the last Far Eastern Games in Shanghai.

We have nine months each year of dry weather, and hence the volley ball season is a long one. The game is really played the whole year round and played everywhere—schools, colleges, clubs, convents, business houses, government offices, constabulary barracks, all have their teams. From season to season this fine game grows and becomes more popular and more important in the great athletic programme of this country.

## Volley Ball in China

By J. HOWARD CROCKER, SHANGHAI.

Volley ball, as a game, has found a greater patronage in the south of China than in the north. This is probably due to the fact that basket ball was introduced first in the north, and many of the schools and colleges were content to use it as a group game, but volley ball seemed to immediately fit into the conditions of southern China. It is not too strenuous and allows for a large number of men to organize play. Where it was wise to use large groups of men city leagues were organized, particularly at Hongkong and Canton.

The business men of Hongkong are the ones who have taken to the game most enthusiastically. As a game, however, volley ball received no national recognition until the second Far Eastern championship games, which were held in Shanghai, May, 1915. The winning of the championship of the Far East by the team from Hongkong and Canton, defeating the Filipinos in two straight games, suddenly brought volley ball into prominence. Many thousands of people who witnessed the contest immediately realized the possibilities in the game and were converted to trying it.

In connection with our own schools during the last year, the game has increased in popularity, especially in the different cities where volley ball league games have been held.

It will be an interesting contest in April, 1917, when Japan enters the arena, and the three nations will meet at Tokyo to compete for the volley ball championship. In the East the three nations use the sixteen-man team and limit the striking of the ball to not more than three times on either side of the net. Otherwise the game is the same as played in America.

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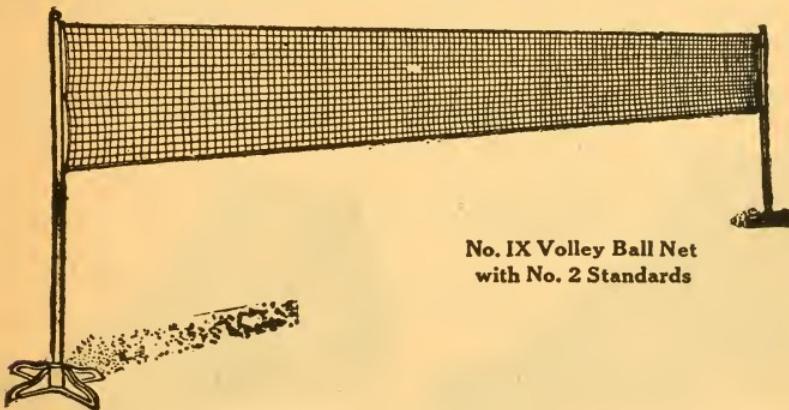
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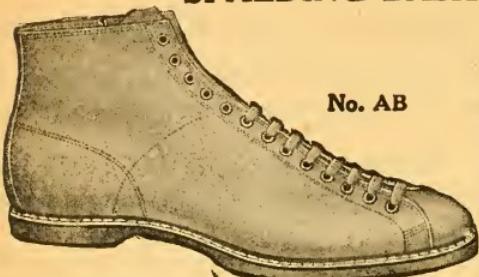
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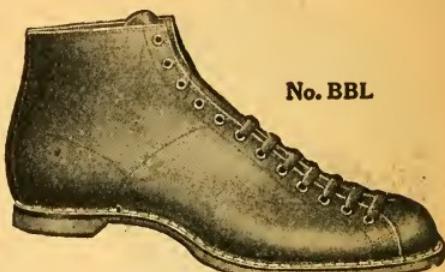
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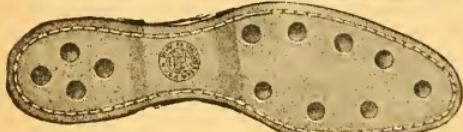
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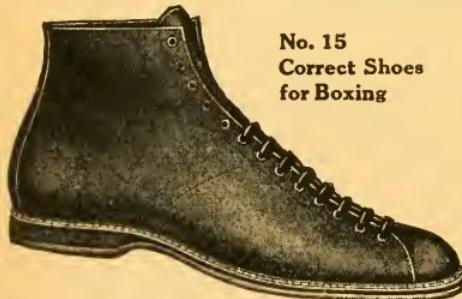


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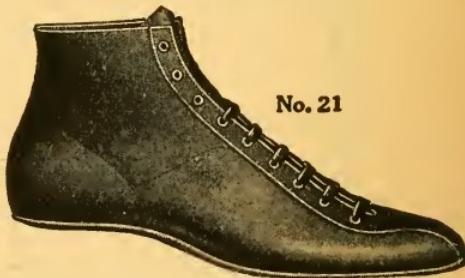
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